

## Prayer and the Arts

Many people love to dance or draw or sing or make things. What do you enjoy doing and how might it help you pray?

If you like to draw or colour, then while you're doing it perhaps have a phrase from the Bible in mind to think about. You could write it down and leave it near you and see what you find yourself thinking and praying about.



Pray while you are making something. It might be that you are just feeling the materials you are using and thinking about creation. Or you may be making a gift and praying about the person who will receive it.

Play-doh prayers: using play-doh, you may like to do some of the following:

- **Thank you:** make models of things you are thankful for
- **Sorry:** make models of things you are sorry for. You may like to reshape the model afterwards to symbolise God's forgiveness
- **People:** make models of people and pray for them
- **Please:** make models of situations where God's help is needed.

If you like to dance, play some music you love and dance with God in your mind - it might be joyful or sad, quiet or noisy - God's seen it all.

Some people do 'hand dance' - listening to a piece of music sitting down and just moving their hands and arms as they think and pray.



Prayer - Everyone, Everywhere!

#LetsPray



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