

PRAYING HANDS



You will know that we are all doing our best to stop the spread of the Coronavirus by washing our hands, staying at home and not being too close to other people.

Some of you will still be in school because your have parents need to be at work to help us all, and others of you won't.

It is sad that we can't meet at church on Sundays but we can still pray.

So below is an idea for an activity prayer that you can say and do every day. You will have to write on your fingers for this!!!!

So here it goes!!!!

Lets pray:

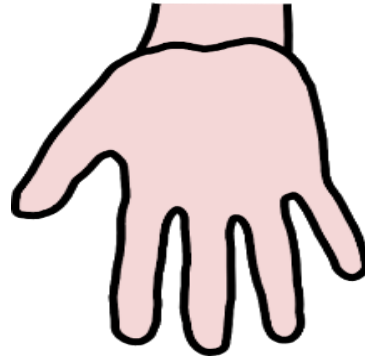
Thanks over grumbles
Kindness over selfishness
Health over illness
Good things over bad things
Love over worries

SO NOW:

1. Take a felt pen. Make sure it is felt pen you can wash off.
2. Now write the letters on each on your fingers as the picture shows below.



T K H GT L



W DT I S G

3. Try and remember what each letter stands for.

T = Thanks K = Kindness H = Health GT = Good Things L = Love
G = Grumbles S = Selfishness I = Illness BT = Bad Things W = Worries

4. Now put your little fingers together, then your ring finger and so on until your hands look like praying hands.
5. Now you can pray good things over sad or wrong things.
6. Wave your hands from side to side and say this prayer

Dear Father

May I say thank you rather than grumble

May I show kindness instead of being selfish

I pray for health over illness

I pray for good things over bad things

I pray for love over my worries.

Amen.



You can colour this if you want.