



The Spiral Prayer Activity

How to make a spiral prayer

You will need: paper and felt tips or colouring pencils

1. Draw circle on a piece of paper. You can use a plate to draw round to get your circle if you want to.
2. Cut out the circle
3. Draw a spiral line on your circle starting in the centre and moving out to the edge like a snail's shell. See the picture below
4. Now write this prayer inbetween the spiral line.

Dear Jesus

Thank you that I can hear

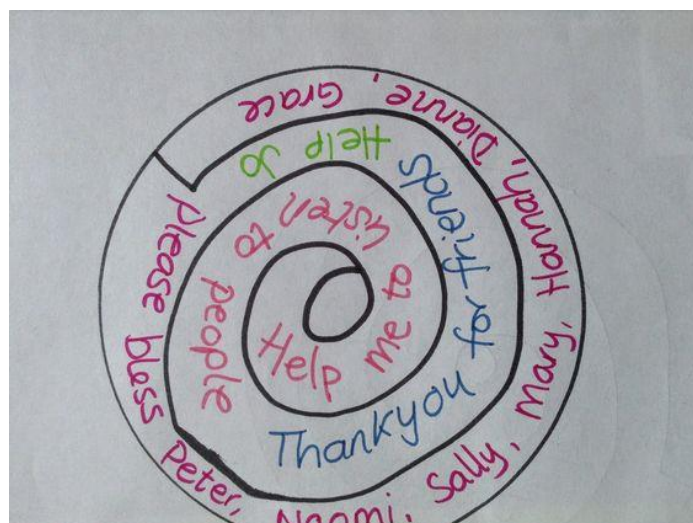
Help me to listen to you

Help me to listen to my family and friends

Help me to listen to people who can help me

Amen

If you don't think you can get it all in just write what is important to you.





Over the last few weeks we have read and thought about some amazing things that happened after Jesus rose from the dead. The disciples saw and they listened to Jesus and found out more about Him and what they should be doing. Listening to Jesus is not always easy but perhaps we can try to do it this week.

HERE WE GO!!!!!!

1. Find somewhere quiet to sit and have your bible and spiral circle with you
2. Read or get someone to read you Acts 1 v8-11
3. Think about what it must have been like for the disciples to have seen and heard all this
4. Sit quietly and ask Jesus to give you good thoughts about what you have read. See what happens as you think and listen!!!!
5. After your time of quietness take your spiral circle and pray the prayer you have written on it.

AMEN

