

Day 3 Longing for Renewal

Labyrinth Prayer

SUPPLIES: Labyrinth template, glue/tape, craft supplies (see directions)

INTRODUCTION: In the scripture, Jesus takes time to get away to a quiet place to pray. A labyrinth is a winding path that you can walk and pray. Create a mini labyrinth and imagine it is in a quiet place away where you can pray.

DIRECTIONS: (1) Print out the Labyrinth template (2) With help from an adult gather items from outside or around your house that have different textures. (Dirt, sticks, cotton bolls, string, dried glue dots, aluminum foil, beads etc.) (3) Mark off sections of the labyrinth and glue a different texture into each section. (4) Once your labyrinth is dry, play some soft music and take a finger walk through your labyrinth. (5) Close your eyes and slowly and lightly guide 2 fingers over the path you have treated. (6) Use your imagination! Is the smooth foil really ice that you can ice skate on?, Are the stones a rocky path that lead somewhere special?

OR

Play soft music and write your prayer on the path of the labyrinth and then spend time coloring it in.

EXAMPLE:



Quiet Place

SUPPLIES: paper, pencil, coloring utensils (optional)

INTRODUCTION: In the scripture you see Jesus taking time for himself to rest and pray. He goes to a quiet spot away from everyone and prays. This shows us that it is ok for us to take time away and to pray on our own in our own special space. Create a fort where you can pray and rest.

DIRECTIONS: (1) With permission from an adult, collect pillows and blankets and build a comfy fort. (2) Fill it with your favorite things like a book, stuffed animals, or coloring books. (3) Before you use your fort say a prayer thanking God for time to rest and relax. (4) Spend time relaxing in your fort.