

Prayer Block

By Erin Davis Gibbons



Add a visual and kinesthetic element to your prayer by making a prayer board. On it, create rubber band crosses as you pray each day for those in need.

For

Young Adult

Season

Summer

Needed

piece of 2" x 4" board, at least 6" long; nails, about 2" long; hammer; rubber bands; acrylic paint and paintbrush (optional)

Activity Plan

1. Find a scrap of 2" x 4" lumber, at least 6" long. Option: Paint the board with acrylic paint and let it dry.
2. Hammer nails into the board, keeping nails 1" to 2" apart. Be sure to leave the top of each nail sticking out of the board about 1". Fill the board with nails. It's okay to be a little haphazard!
3. When you pray each day, stretch one rubber band between two nails and a second rubber band between two other nails to make a rubber band cross.
4. As you pray this prayer, add your own prayer requests:

Dear God, hear me when I call to you. Surround the people in my family and my friends with your love, and help them know you are with them. (Add your own prayer requests for healing and help.) In Jesus' name. Amen.

5. When you pray each day, add another rubber band cross to your board. You might invite friends to add their own crosses and pray with you.