

# Winter Prayer Reflections

By Christy Olson

Learn about reflection with mirrors and water. Using art, draw pictures of prayer and its reflection in the world.

## For

Young Families

## Season

Winter

## Needed

Mirror (hand held or on the wall), shallow pan, water, paper (the bigger the better - 11"X17" is great), cotton swabs, poster paints



## Prepare in Advance

Place pan on a table and fill it with water

## Activity Plan

1. Stand at a wall mirror or use individual hand held mirrors. Say this prayer wave. The first person says the words and does the action; then the next person and so on until the action and words have gone through the whole family. Watch self and others as the prayer wave happens.

*God we pray.* (fold hands in prayer by mouth) [repeated by each person]

*God we hope.* (hold hands out front with palms up) [repeated by each person]

*God we pray for a world of hope.* (make a circle with hands) [repeated by each person]

*Amen.* (bow head)

- What did you see reflected in the mirror?
  - How did you know what to do when it was your turn to be in the prayer wave?
2. Sit in a circle around the pan filled with water. Have each person look into the water from above and tell others what they see. Use these questions to talk about reflection.
    - How is that the same or different than what you see in the mirror?
    - How did we make the wave in the mirror(s)?
    - How do we make a wave in the water? Try it.
    - Do the waves get bigger or smaller?
  3. Everyone fold your hands. Use these questions to talk about prayer.
    - Where does our prayer go when we pray?
    - Do our prayers get bigger or smaller as we say them?
    - How can our prayer reflect into the world as a wave that gets bigger and bigger?
  4. Pass out papers and art supplies. Use a different cotton swab for each color of poster paint. Draw a prayer. Then make a bigger picture of the same thing to show our prayer getting bigger and bigger. Talk about your prayer pictures and show the waves. Do the prayer wave again.
  5. Variation: If there is snow outside, talk about how things reflect in the snow. Snow is made of frozen water. How can we make waves in snow?