

## **Activity for 17th May -**

### **Pray in May!**

Many people lift their hands in prayer, or use a prayer hand to pray for 5 groups of people or 5 concepts, so we are using our hands to make a prayer craft.

#### **Materials**

Coloured paper/card, Scissors, Pen, stapler or sticky tape.

#### **Method**

1. Trace around your hand onto a coloured piece of paper and cut it out. (You can either do this several times on the different coloured papers or when you start cutting out your traced hand, hold a couple of other sheets VERY TIGHTLY behind it and cut several hands out at once.) The safer option is to cut one traced hand at a time.

THEN EITHER

2. Now you can make a prayer hand flower (image 1 or 2). and perhaps even put a photo of some that you are praying for in the middle.  
OR a 5 page book of your traced hand (image 3)

Image 1



Image 2



Image 3

3. Each hand should have a prayer on it. You can either make the 'prayer dice' (below) and write a prayer about what it lands on on

each hand print, or you can use the '5 Aspects of Prayer' hand (below) and have as many prayers on 'Praise God' on the fist hand, as many 'confessions' as you can think of on the second hand and so forth until the book or the flower is complete.

4. Tape or staple the finished work together.

