

# Self Smart: Prayer Weaving

## Common Room



**Read to your child:** When you pray, you are *talking to God*. Praying for other people - talking to God about them - is something you do when you care about them and love them. When Jesus prays for the children, it shows us that he cares about children and loves them.

## How does it work?

1. Breathe.
2. Choose a skein of yarn.
  - a. What color or texture speaks to you?
3. Tie a skein of yarn to one of the nails,
  - a. then wrap the yarn from nail-head to nail-head,
  - b. back and forth across the frame,
  - c. over and under each other's weavings.
4. Every time you change direction, offer a prayer.
  - a. Simply TALK to God about these things.
5. The motion of your body, reaching and ducking to reach other points is a way of dancing with God.
  - a. As we move our bodies in prayer, we root those prayers deeply within our bodies, creating a prayerful muscle memory.

## Things to pray about:

- People who are sick or hurt.
- Friends, Family, and Yourself
- Leaders (teachers, pastors)
- Joys and Thanksgivings
- Church
- Worries and fears

