

This week you might like to try this prayer and reflection activity.

PRAYER ACTIVITY

Hope Rope



● Equipment

Long piece of thin rope or string

● Set up

Tie lots of loose knots along the rope/ string

● Instructions

Sometimes people say that they feel 'knotted up' inside with worries and anxieties. What are you worried about right now?

Pick up the rope/string and slowly untie one of the knots for each of your worries. As you untie them, imagine your worries becoming untied too. You might like to ask God to help you untie your worries and give you hope instead.

After a time of quiet you might like to finish by saying or singing this blessing.

You can learn the song and the actions by looking at the website below.

A blessing for each other at home and at school

May you find peace, may you find hope,
May you find joy this day.
May you find love,
May you find rest,
Here in this place together.



(Fischy Music <https://www.youtube.com/watch?v=J6v-UlvMXgU>)