

Instructions

Suggestions for how to pray with these cards:



Tell God about what's happened in your day.



Use your senses to notice colors, textures, sounds and smells around you.



Stop. Find a quiet place and breathe in silence.



Breathe in to the count of 4. Breathe out to the count of 4.



Do something kind for another person, animal, or the earth.



Prepare yummy food for another person.



Make something.



Sway your body to music or a rhythm in your mind.

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Suggestions for how to pray with these cards:



Take out markers or crayons and draw a design for God.



Eat a meal quietly and give thanks for your food.



Get together with a friend or some friends.
Look for God together.



Open your eyes and ears to what God is telling you.



Sing your favorite song to God or make up a tune.



Share with God what makes you happy or sad.



Take a 10 minute walk with a friend without talking.