



Prayer Square

A prayer resource

Go Team

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Bath & Wells

Living and telling the story of Jesus

The Prayer Square

Original version

The prayer square is a simple prayer resource to help people pray contemplatively in a group.

Equipment needed:

- A free standing cross
- The prayer square templates
- Some pebbles

How to use the prayer square:

This is a silent inner prayer activity, which only requires the person leading to explain what to do, and for the group to join in with an amen at the right time if they want to.

Make a square on the floor/table using the prayer square sheets of paper and place the cross in the middle of the square.



Invite the group to sit around the prayer square and then spread the pebbles out on the floor in front of them. Invite your group to choose a pebble.

Invite the group to place their pebble on an image in the square that represents something they want to pray about. Leave a time of silence (10-30 seconds) for everyone to silently say a prayer in their own heart/mind.

At the end of this time, say amen and the group can say it too if they want to.

Repeat this three more times and ask the group to move their pebble to a new image each time.

At the end of the time, say a final amen to join all your prayers together and invite the group to join in if they want to.



For the sick
and lonely



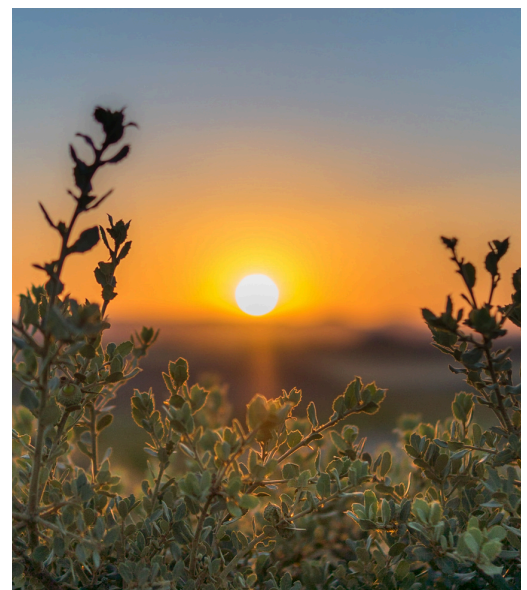


For friends
and family





For the world





For fun things



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