

The Prayer Square Youth Version

Tony Cook original

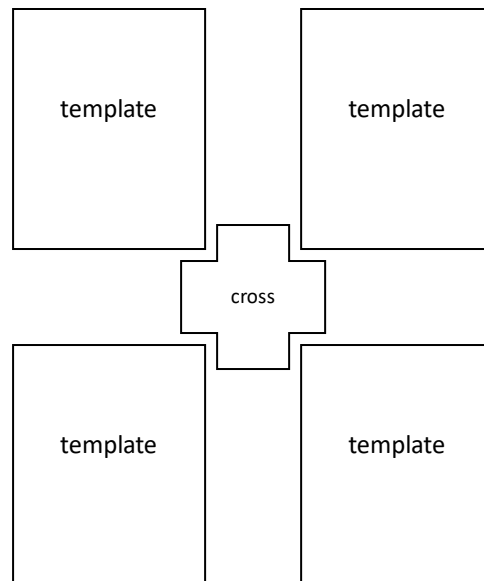
Equipment required

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

How to use the prayer square

There are no words that need to be said other than the person leading this activity and the occasional amen. This is a silent inner prayer activity.

Make a square on the floor using the templates with the cross placed in the middle of the square.



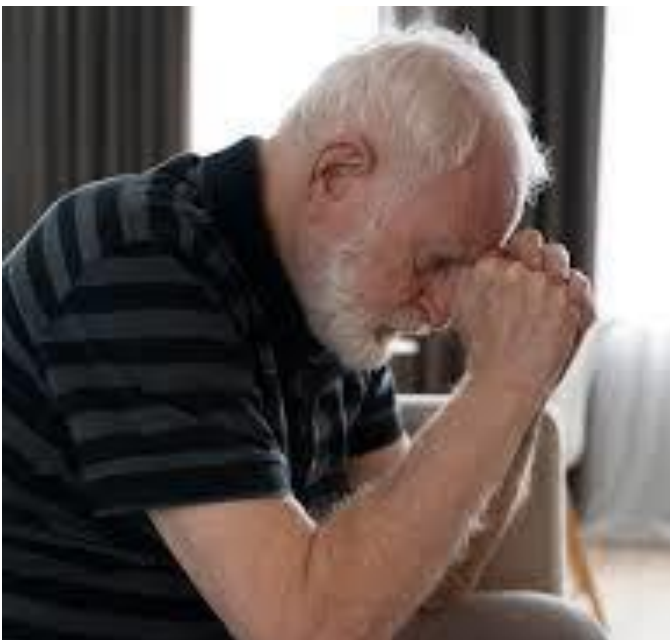
Invite the group to sit around the prayer square and then spread the pebbles out on the floor in front of the group. Ask the young people to choose a pebble they would most like to use as their prayer pebble.

Invite the young people to place their pebble in the square they want to silently say / do a prayer for in their own heart / mind (for approximately 10-30 seconds). At the end of this time the whole group says Amen. This is repeated three more times (each time moving the pebble if they want to).

At the end the group can say a collective amen to join all their prayers together.




**for the sick
and lonely**








**for the
world**






**for fun
things**

