

How to make and use a prayer cube

What is prayer?

Prayer is when we talk to God, either out loud or in our heads. We can do this for lots of different reasons. Sometimes we want to say thank you for the good things in our lives, sometimes we need to ask for help or guidance, or perhaps we have something that we want to say sorry for.

Prayer can help us with our wellbeing. It can make us feel peaceful to sit quietly and think about what has happened in our day. Talking to God can often help us manage our worries and help us to find the good things in our lives that we might have forgotten about.

We can talk to God at any time or place but sometimes it is difficult to know how to start. A prayer cube can help you by giving you some ideas.



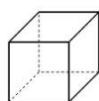
1. Colour in the prayer cube.



2. Cut out around the outside lines.



3. Fold up along the inside lines.



4. Put glue on the glue tabs and then fold together to make a cube.



5. Roll the prayer cube and use whichever words land facing upwards to help you with your prayer.