

Be Still...

Praying with the Senses – Pray-dough

Some people find 'doing' more helpful than writing or thinking...

Take a lump of 'pray-dough', and put it on a piece of paper. Pick it up - knead it, feel it, work it. Work it into whatever shape or model might express your prayer - what you would like to say or offer to God, or an expression of what God means to you.

It doesn't matter what the finished article looks like - it can be quite abstract! This is just an opportunity for you to shape, if you want, a prayerful expression to God.

