

# Prayer menu

At Bishop Martin we offer various reflective spaces and try to pray in creative and interactive ways. Choose one from this prayer menu to try at home.



## TPS prayers

The letters **T S P** can be written on a wooden sticks

**T**hank you to God

**S**orry for the things we have done to upset God and others

**P**lease – requests for other people, the world and ourselves.



## Precious Stone

Hold the precious stone in your hands and think about all the precious things we have, send a prayer to God to show appreciation for all we have.



## Bubble Prayer

Ask everyone to say a silent prayer for..... blow the bubbles and ask them to watch them. As they 'pop' it reminds us that God has 'caught'/heard our prayers.



## Love Heart Prayer

Take a sweet and think about someone or something you love, share your prayer with God as the sweet dissolves.