



Stepping into Lent

A mix of 40 learning activities, reflections, stories and music for children, families and young people to take us through Lent to Easter Day.

Help us to pray

- * Praying and listening to God is important to Christians and Lent is a time when they try hard to do this following Jesus' example when he was in the wilderness.
- * When Christians pray they sometimes like to use things (symbols) they can see, feel or hear.
- * These symbols help you to clear your mind to focus on God and your prayers.
- * You may find some of the symbols below in your home or school:



Activity

Create your own symbol by making prayer flowers below:

How to Make Prayer Flowers

To make a prayer flower there are a few simple instructions to follow.:

1. Print and cut out the flower or copy the picture and draw your own.
2. Write your prayer in the centre of the flower (within the dotted lines).
3. Using a wax crayon colour all the flower (centre and petals) on the side you have written your prayer.
4. With your prayer in front of you, fold each petal into the centre, make a crease at the dotted line.
5. Put some water in a saucer or dish.
6. Gently place the flower to float on the surface of the water.
7. Now watch and wait, thinking about your prayer and focusing your thoughts, as the petals unfold before you.
8. Try making a few flowers and putting them all together on the water.
9. You can dry your prayer flower and be able to use it two or three more times.

