

PRAYER HANDS



GET INTO
THE BIBLE



15 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Create a prayer hand to help pray for those that need God's love at the moment.

Draw around a hand on paper and then carefully cut it out using scissors.

Write names of people or things you'd like to pray for on each finger or thumb. You may want to pray for family members, neighbours, doctors/nurses, other countries, people who are ill etc.

Finish the activity by saying a prayer, either on your own or with a grown up, praying for the things you have thought of.



WHAT YOU'LL NEED

- Paper
- Colouring Pens
- Scissors



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please be careful when using scissors, an adult may need to help with cutting. Share a photo of the finished prayer hand with your BB group or post on social media using #BBatHome.