



Journeys in the Spirit

Children's Work

Additional Resources 110.A



Gather

Pictures





Journeys in the Spirit

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Respond

What is prayer? A meditation

Guided meditation for the activity on prayer

In the passage from *Qf&p* 2.29 the author is clear that when we pray for someone there maybe an answer that we should do something practical to help that person. Some people think this answer comes from God but Quakers are more likely to say the answer comes from within us. What does this feel like? We are going to go on an imaginary journey that might help with understanding this.

Encourage children to sit comfortably – on a chair or cushion on the floor – and if it helps close their eyes. Take in a deep breath and breathe out slowly and begin to feel calm and relaxed. Take a few minutes to do this.

Now think about the part of you that loves and cares about other people. This is probably in your heart area. Imagine it as a space full of soft light. Anyone who comes into that light will feel calm and good. Quakers call this **holding someone in the Light**.

Now think of someone you care about, maybe a friend, or family or someone who lives in your street. Picture them with that soft light shining on them. As you continue to think about this person you may find that there is something you can do for this person that would help them. It maybe something quite simple like sending them a nice card, giving them a hug, or speaking to them at school or when you next see them. Just note this in your mind to do this sometime soon.

When you are ready quietly leave that place in your heart remembering the person you were thinking about.

Give time to come back into the room and then allow the children an opportunity to talk about their experience. They may not want to and that is fine as well.

Move on to the prayer flag exercise as outlined on page 3 of the main sheet of this issue.



Journeys in the Spirit

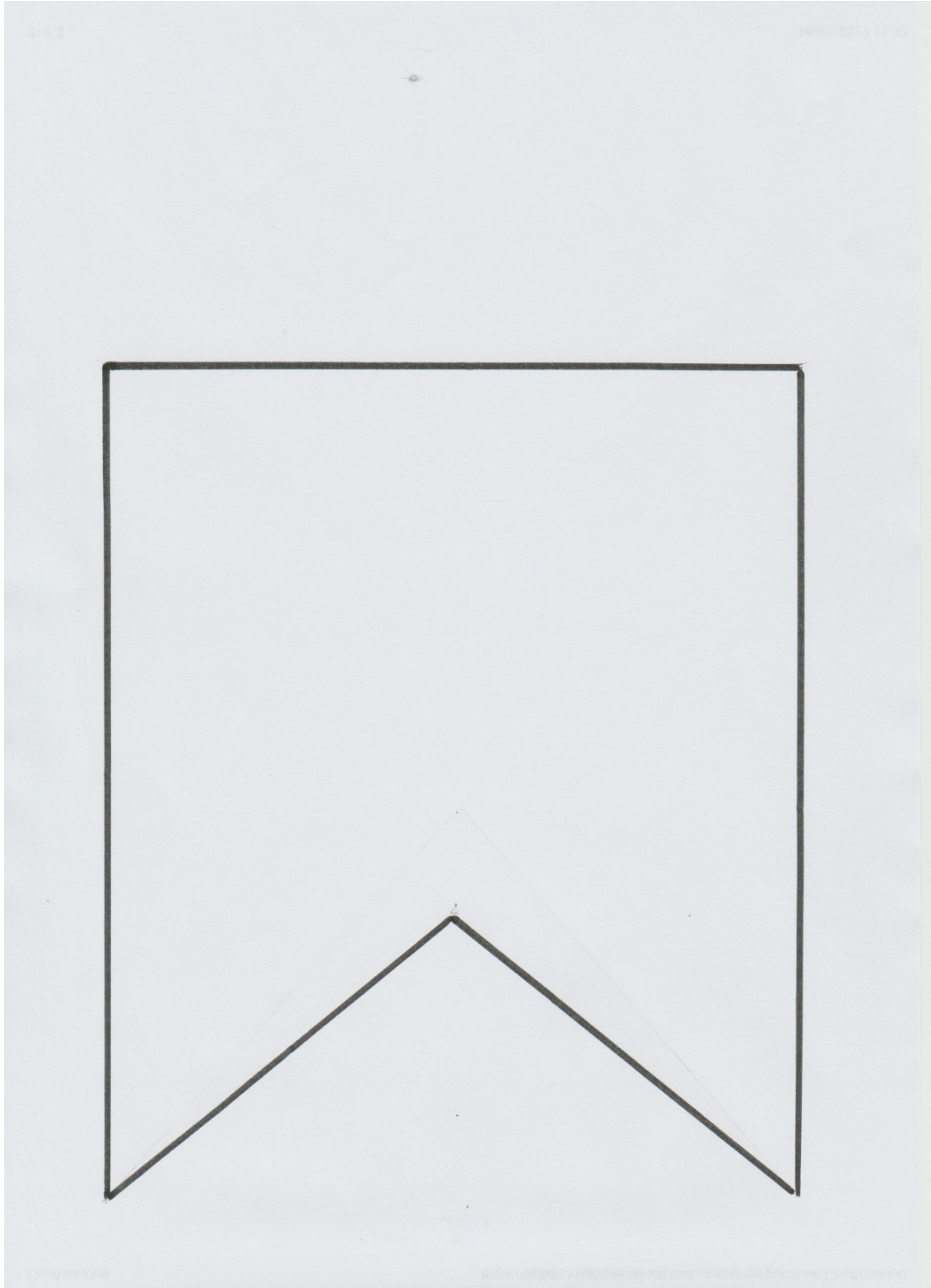
Children's Work

Additional Resources 110.C



Respond

What is prayer? - flags





Journeys in the Spirit

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Respond

What do Quakers think about God?

Instructions for making small dolls

These dolls are very simple to make. You will need newspaper cut into 12cm x 12cm squares for the body and 6cm x 6cm squares for the arms.

Scrunch up a piece for the body and one for the arms. Arrange them in a cross and secure by winding wool around arms and body (see picture)

Decorate with scraps of material

Ask children to write their name for God on a small piece of paper and wrap that inside the doll around the chest area with another piece of wool

