



Outdoor Prayer Activities

FOR SPRING
(whatever the weather)



Springtime prayer activities

The following prayer activities have been designed to do as a family either in your outside space (if you have any) or as part of your outdoor exercise.

There's no need to do all of the activities at once, these are designed to be done individually at different times of the day and in different weather. You will see that each activity has a sun or a raincloud to indicate the best weather conditions, so make sure you check the weather before deciding on an activity!

These activities should be accessible for children of any age but please do adapt these for the ages of your children. These are written to be parent-led or can be led by older children.

(Adapted from Wild Lent, by Rachel Summers published by Kevin Mayhew)

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WHAT YOU'LL NEED:

- sunshine
- a sheltered quiet spot in a garden or a park

Feel God's love on your face

There hasn't been much sun this winter! So take the opportunity when the sun comes out.

Find a sheltered spot, perhaps against a wall and stand or sit so that the sun falls on your face. Close your eyes and see the brightness through your eyelids. Do not look straight at the sun as it may damage your eyes. Feel the sun's rays on your forehead, eyebrows, cheeks, ears.

Now imagine sitting or standing in the presence of God.

Invite the Holy Spirit to come and rest on you like the sun has.

Feel the sun's rays on your face and imagine basking in the love of God.

Feel the sun on your shoulders and feel the warmth of God's love for you, relaxing your shoulders and taking any stress or tension away.

Feel the sun's rays pouring over you and imagine the love of God pouring into you and filling you with peace.

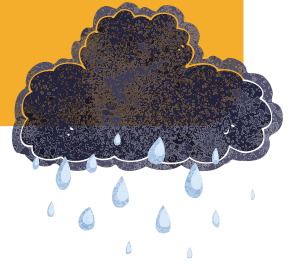
Thank God for the sun's rays which have travelled 150 million kilometres and about 8 minutes through space to get to you.
Thank God that he loves you so much!

BONUS: "Reflection - Creator God"

Take a minute to reflect on how amazing the sun that God made is, think of all the life that it brings to our world!

WHAT YOU'LL NEED:

- paper
- paints



Let the rain paint a picture

Do we need to wait for the sunshine to be outside to enjoy ourselves? If it is raining, try your hand at some rain art.

Grab your paper and some paint. Cover your paper with some wet paint splodges and swirls and keep the paint as wet as you can. Put your paper down outside in the rain but not somewhere too wet, like a puddle. You may want to weigh it down with some stones or something heavy.

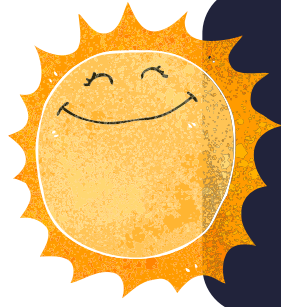
As the rain falls on the paint it will create patterns and mix the colours. It's a joint effort between you and the rain. When you are happy with it, take it inside and let it dry.

You can use this exercise to remember what it is like to do things with God.

Can you remember some of the stories in the New Testament where Paul or the disciples ask for things in the name of Jesus or ask God for help? We can do this too - think of a situation where you can ask for God's help and make it a joint effort with him.

BONUS: "Partnering with God"

What can we do when we partner with God? Can you think of times that you or others in your family have made joint efforts on something with God - how has it turned out?

**WHAT YOU'LL NEED:**

- bubble mixture
- bubble wands
(buy them ready made or make them yourself)

Blowing Bubbles and Being Still

Grab some bubbles or have a go at making them yourself using things from around the house. Head to artfulparent.com/how-to-make-homemade-bubbles.

Sometimes the excitement of bubbles is just too much, in which case just enjoy being joyful and playing. God delights in you!

If you are able to slow down and pause, have a go at this:

Watch a window of bubble mixture on your wand and imagine the bubble it is going to be and imagine it sailing away. You can use this slow down prayer, while watching your bubble window:

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.



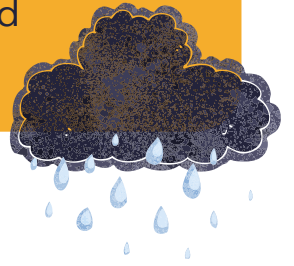
Now blow the bubble and watch it float. Thank you God that we can live such joyful lives with you by just being in your presence!

BONUS: "Stumbling Blocks"

Sometimes the bubbles we blow don't work. With each missed bubble, we learn how to blow them better. As we walk out our faith, we sometimes stumble, we sometimes mess up and we sometimes wander off and get a bit lost - but we can always have a second chance, a time to start anew. Take a moment to reflect on a moment where you have stumbled or messed up this week, ask God for his forgiveness and as you receive that forgiveness, feel the peace that God gives you - now try for another bubble.

WHAT YOU'LL NEED:

- rope
- one/two tarpaulins
(both can be found cheaply eg Wilko)



sheltering

Soon we'll be able to enjoy the outdoors without needing to keep moving or wearing our wellies! In the meantime, this is an easy way to enjoy the outdoors without needing to guarantee sunshine.

Go for a walk in a wooded area - or at least with two trees a comfortable distance away from each other - check the ground for prickles and dryness or use your second tarpaulin to counteract this!

Tie one end of the rope around one of the trees. Apply tension and walk the long end of the rope across to the other tree. Wrap the rope around the trunk and knot it. Fling the tarp over the top and either peg down the corners or weigh it down on the ground. Climb inside out of the rain or colder weather. If raining you can enjoy listening and watching the water on the tarp.

As a family, where do you find your shelter?

God, in your love we find shelter and safety. As we live through the storms of life, help me to feel your love surrounding me and protecting me. Amen.

BONUS: "Into the Wilderness"

Consider the area around you, notice the wild and untamed, the brambles and weeds - the things we don't have any control over. How does it make you feel? How much of the last year has made you feel like we don't have any control? Consider again where you find shelter and safety. God has it for you whenever you need it.

WHAT YOU'LL NEED:

- clothes to keep you warm
- breakfast
- a picnic rug
- camera (optional)



Sunrise Breakfast Walk

Sunrise isn't too early at the moment. Set a date with your family and go for it - Saturdays and Sundays might be good!

Check what time the sunrise is and work out a place nearby where you can face east - you might also want higher ground, like at the top of a hill.

Set out to arrive at sunrise and don't forget to wrap up warm and bring some warming drinks and breakfast/pastries. Arrive at your point and look east, where you should see the sky brightening.

Sunrise is a new start! The dawn breaks, the colours brighten and if you are quiet you'll hear the life around you wake up and move. We can notice God's love and peace at this moment.

Pray as a family for God's love and peace, from the point where you are spreading out to your local area. Name the places, homes, buildings, woods and other surroundings that you can see.

BONUS: "Weekly Sunrise"

Is this something that you and your family could incorporate into your regular rhythms? Perhaps you could do this once a week and watch the Spring turn to Summer. You could also take photos to document the changing seasons!