

# Family Prayer Practices

## Thank You



*“Acknowledging the good that you already have in your life is the foundation for all abundance.” - Tolle*

Here are a few prayer ideas to try out at home, find a way to try them together as a family during the day, like before a meal, or at the beginning or end of a day.

### Balloon Praise

Blow up a balloon. Think of one thing you are thankful for and throw the balloon in the air. Keep it up in the air as long as you can, each time thinking about what you are saying thanks for. Why not do something similar and think of different things you're thankful for as you try to keep the balloon in the air?

### Rocket Prayer

Draw or write something you want to give thanks for on the paper provided. Roll the paper up around the straw and seal the top with tape. Say a prayer of thanks to God and blow on the straw to see your prayer fly.

### Pray-dough

Use the pray dough to mould and shape what you want to say thank you for, as you squeeze, roll, shape and mould talk with god and say thank you for all you have.

### Pipe Cleaner Prayers

Make your pipe cleaner into the shape of something you would like to say thank you to God for. See how many shapes you can make, each time saying thank you to God.

### Prayer Wall (or Fridge)

Draw or write a prayer of thanks to God onto some paper. Stick your prayer to the wall (or fridge) and at the end of the week sit with your family and pray for each thing individually.

### Prayer Soap

As you wash your hands with the soap name as many things that you're thankful for in 30 seconds.