

Rainbow Prayers

Get a bowl with beads or sweets or something else of various colours, make sure that you have most of the colours of the rainbow in there (I use purple rather than separating indigo and violet) Each colour represents something to pray for. Take it in turns to pick out something from the bowl (We like to use sweets as we can eat them at the end) as you get your colour pray for the following:

RED: If you pick out a red sweet thank God for something that you have learned about God or his world today.

ORANGE: If you pick out an orange sweet ask God for something that you need.

YELLOW: if you pick out a yellow sweet, thank God for how amazing he is.

GREEN: If you pick out a green sweet, thank God for something that he created on land.

BLUE: if you pick out a blue sweet, thank God for something that he created in the see.

PURPLE: if you pick out a purple sweet, thank God for something that he created in the sky.

I use a mixture of skittles and M and M's for our bowl as that covers all the colours. It also has brown so when we pull a brown one out we pray for someone else and thank God for them so you might also want to do this.

Happy Praying