

Prayer using hand movements

On your marks:

An introduction to prayer, using different hand positions to help us with different sorts of prayers.

Link this to Psalm 141 verse 2b

Get set:

No special props required

Go:

1. Play some simple games that involve our hands.

e.g. making hand shadows (the light from an overhead projector on a screen or wall can be helpful here)

Paper/scissor/water/stone

String games

Counting games or songs

2. Our hands help us to do so much, though sometimes they can also get us into trouble. Play a 'guess the mime' game where you are doing something unhelpful with your hands. e.g. pick-pocketing or making angry gestures or pointing the finger in fun etc.

3. We often say 'put your hands together' when we ask people to pray. The real reason for this is to help us concentrate and not fidget. It is a way of being still so that we can focus better on what God may be saying to us. However sometimes it is helpful to use our hands in different positions to show we mean what we are saying or thinking in our prayers.

4. Ask the children to think of as many different ways in which they can make shapes with meaning using their hands.

Which shapes go best with:

Saying sorry

Saying thank you

Saying I love you

Saying that you really are worried

Asking for help

Meaning it from the heart

Showing joy or maybe sadness etc.

5. As a group, decide on 4 hand-shapes that everyone thinks are the most useful for praying and then end the session with a time of silent 'hand-praying', with eyes open; use the 4 different hand movements to show 'out loud' what in fact is being said in their hearts.

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