

Practical Prayer at Home - Give it to God

'Do not be worried about anything, but give it to God in prayer' (Philippians chapter 4 verse 6)

1. Take a bowl and fill it with water. Choose some clean pebbles or shells.
2. Take each pebble or shell in turn and feel the edges. Are they rough or smooth?
3. Think about anything that is worrying you. Ask God for help with this.
4. When you are ready put the pebble into the bowl of water as a sign of you giving these things to God. God will listen to you.

