

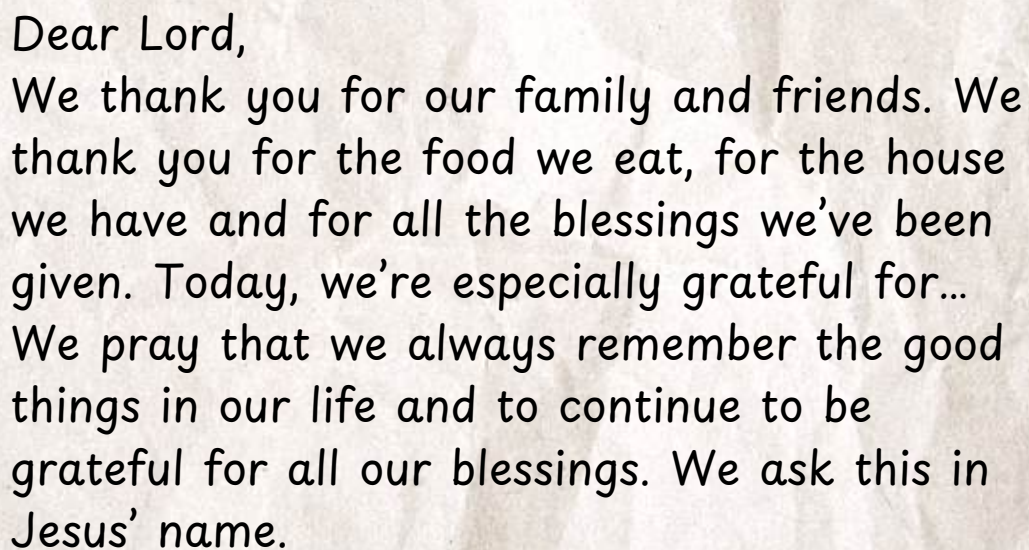
The background is a light blue gradient. It features several decorative elements: a grid pattern in the top right and bottom left corners; stylized flowers in blue and purple with yellow centers scattered throughout; and line-art leaves in blue on the left and right sides. There are also abstract shapes in blue, purple, and yellow on the right side. The title 'CREATIVE PRAYER' is centered in a white, hand-drawn font with a blue shadow.

CREATIVE PRAYER



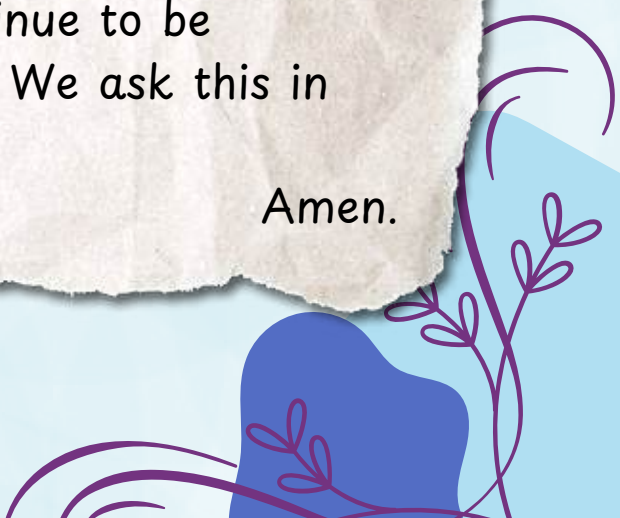
GIVING THANKS


Using a **scrap book**, **journal**, a **jar**, or an **empty box**, write down or draw something that you're **thankful** for that day. At the end of the week or the month, revisit all the things that have been written and use them as a list to **thank God** for all the **blessings** you've received.



Dear Lord,
We thank you for our family and friends. We thank you for the food we eat, for the house we have and for all the blessings we've been given. Today, we're especially grateful for... We pray that we always remember the good things in our life and to continue to be grateful for all our blessings. We ask this in Jesus' name.

Amen.

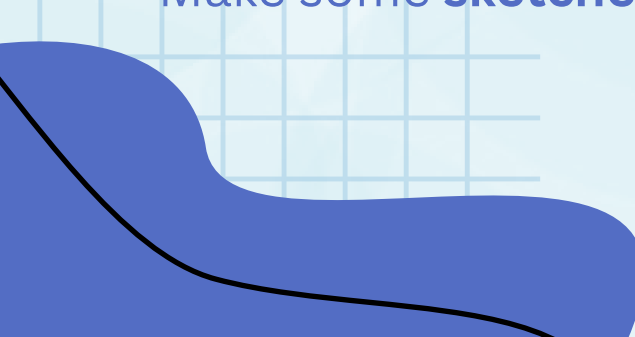



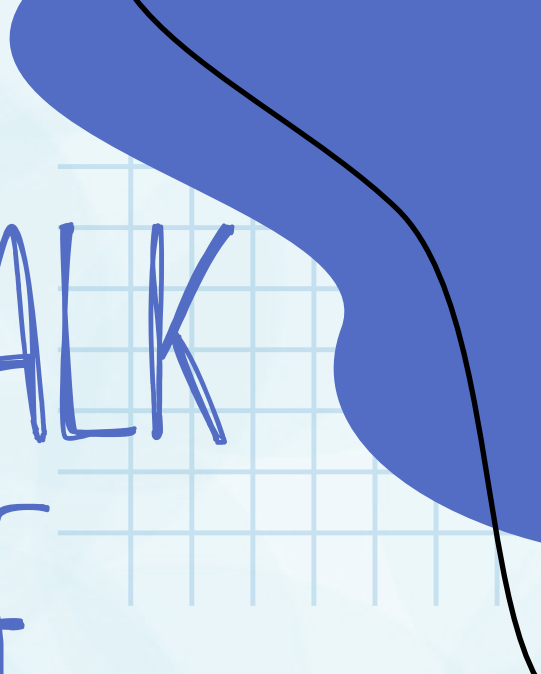



NATURE WALK COLLAGE



Take a walk in a **park**, a **wood**, **beach**, or anywhere where we can experience the **natural world** around us so we can make a **collage**. We can achieve this in a few different ways:

- You could take **photos** of interesting plants, wildlife or landscapes that you see on your walk.
 - Using a recording device, make a collection of the **sounds** you hear along your nature walk e.g. bird sounds, the wind, a river flowing etc.
 - On this walk **collect** a few leaves or petals that have fallen to the ground and use them to make a **collage**. (Please don't harm anything that is still growing.)
 - Make a **list** of all the interesting things you **see**.
 - Write a **description** of your nature walk.
 - Take some **rubbings** from some of the leaves, bark and branches that you pass along the way.
 - Make some **sketches** or **drawings**.
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NATURE WALK COLLAGE



Dear Lord,
We thank you for the wonderful world
in which we live. We thank you for the
birds, for the trees, for the flowers,
for the wildlife and for all the beauty
of your wonderful creation. Today,
we're especially grateful for... (list
some of the things you've seen on your
walk.) Help us to never take this
world for granted, to remember that it
is a home we share and to always
show care and consideration for the
Earth and for nature in the way we
live our lives. We ask this in Jesus'
name.

Amen.



PLANTING SEED PRAYERS

Using **seed paper** (which, when planted, will grow wildflowers) to write a prayer. When the prayer is written, **plant** it in the garden and **watch as your prayer comes to life**. This can be used in a variety of ways:

- This can be used for people who are **grieving**, to write the name of the person who has died, or to write a little **prayer** for them and then plant it in the garden.
- It can be used as part of our **giving thanks** prayer.
- To value creation, you could **draw a flower**, or **write a prayer for creation** before planting it.

Dear Lord,

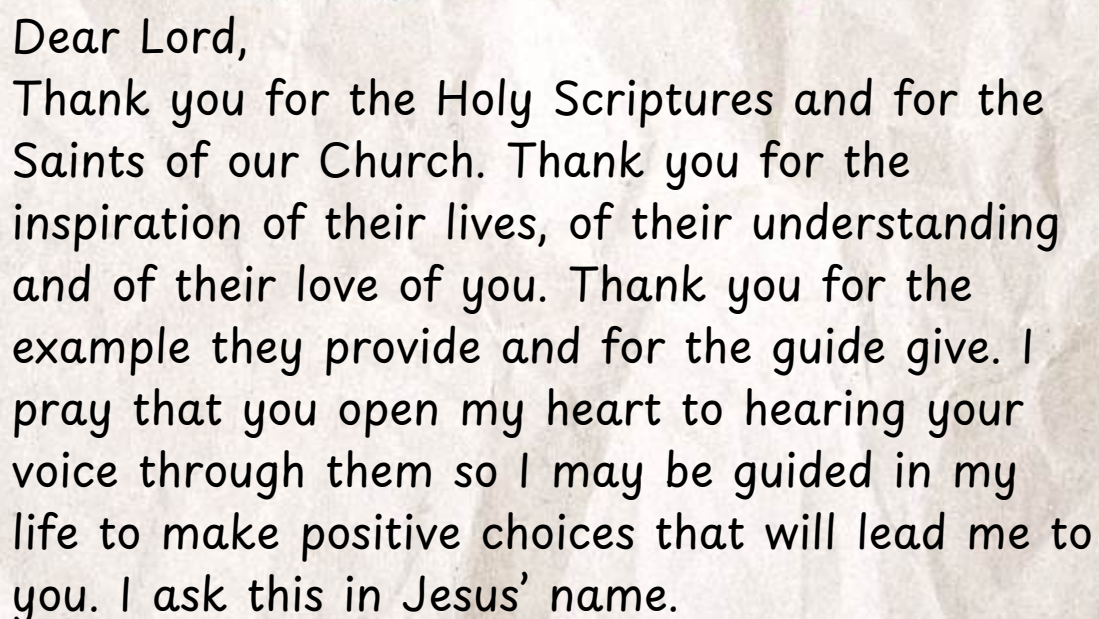
We offer these prayers to you today (in hope/ in remembrance/ in gratitude) and we thank you for the opportunity to witness our prayers evolving in such a beautiful way. We ask these prayers in Jesus' name.

Amen.



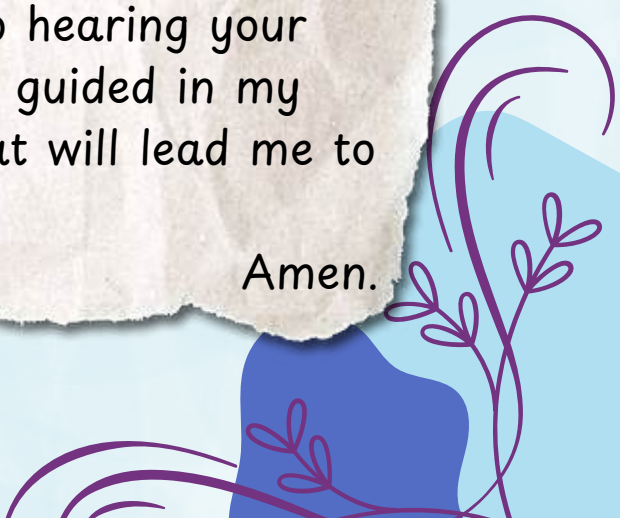
QUICK QUOTES POSTER

Explore some **famous quotes** from the **scriptures** and/ or the **saints**. Consider choosing a **saint for that month** and learn about some of the things they said. Find some **quotes that speak to you** in some form or another and put them on a **poster** to use for inspiration.



Dear Lord,
Thank you for the Holy Scriptures and for the Saints of our Church. Thank you for the inspiration of their lives, of their understanding and of their love of you. Thank you for the example they provide and for the guide give. I pray that you open my heart to hearing your voice through them so I may be guided in my life to make positive choices that will lead me to you. I ask this in Jesus' name.

Amen.



SPENDING TIME WITH GOD

Choose something **creative** to do. It can be anything. Before you begin, say a prayer to God. You can pray about whatever comes to mind. If you're **drawing**, or **painting**, you could write your prayer on the back of the paper you're using. Either way, **this time is for God**. Time that you're sharing with him and asking him to share with you.

Activity suggestions:

- Drawing/sketching
- Using a colouring book
- Cooking or baking
- Gardening
- Sewing
- Knitting/crochet
- Playing music

Dear Lord,
I'm offering this time to you, as a prayer. I dedicate this time and activity to praying for... (say your prayer intention, or the name of a person.) I humbly ask you to come and join me in this space and to spend time with me. I ask this in Jesus' name.

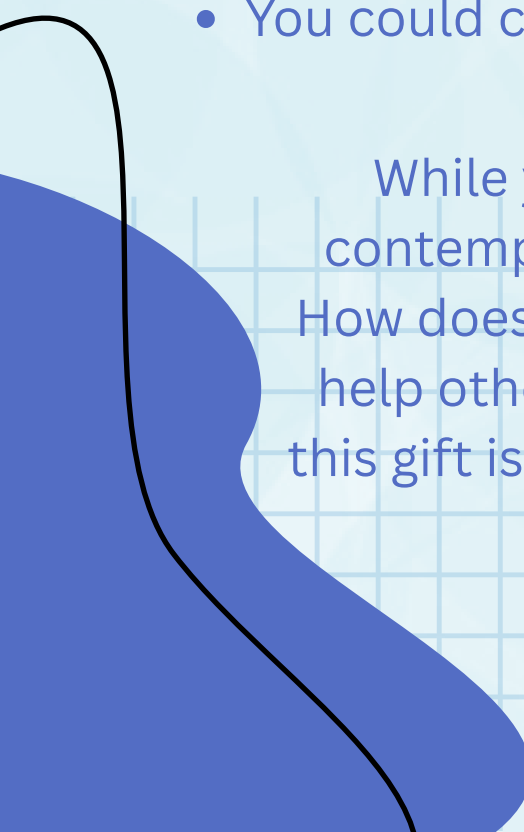
Amen.




THE GIFTS OF THE HOLY SPIRIT

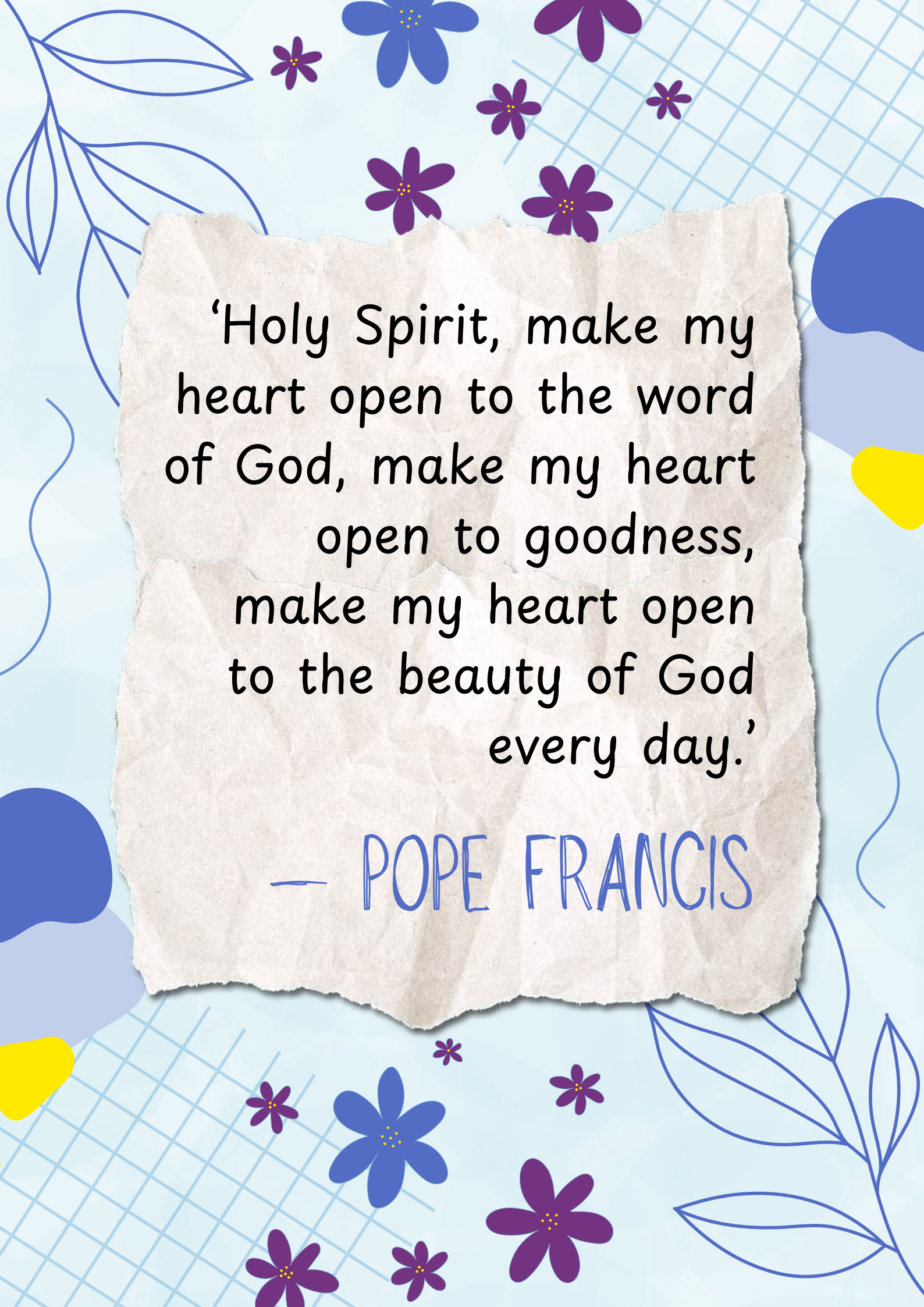
Think about the 7 Gifts of the Holy Spirit: **wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord**. Pick one word, and use it as the focus of an art project.

- You could draw the word using bubble writing and colour it in.
- You could paint it.
- You could make it out of **playdough** or **clay**.
- You could cook a **salt dough panel** with it written on.



While you're completing this activity, contemplate what this gift means to you. How does it/ could it help you? How does it help others in your life? Why do you think this gift is promised and given to us through the sacraments?





‘Holy Spirit, make my
heart open to the word
of God, make my heart
open to goodness,
make my heart open
to the beauty of God
every day.’

— POPE FRANCIS