



Building Block Prayer

Let's use building blocks (like Lego or wood blocks) to build a prayer.

The four elements of prayer are:

1. Wow (adoration)
2. I am sorry (confession)
3. Thanks (thanksgiving)
4. Help (Supplication/intercession)

To start, grab one block that will start your prayer. Then, you will keep adding blocks as you pray. Each new block represents another part of the prayer. Keep adding bricks for the specifics of the prayer until you feel that your prayer is complete.

Try to do one element of prayer a week and keep them assembled. You will have built a prayer village by the end of the month. This is a great tactile and visual way to share prayers in your family. See below for a couple of examples.

Example One: WOW!

Pick a brick and say, "our backyard is amazing!"
Add bricks for the trees that give us shade and oxygen. Keep adding bricks for the wonderful things in your backyard that you adore and find wonder in.

Example Two: HELP!

Say, "God, please look after our friends experiencing homelessness." Then start adding bricks for specific things: a safe, warm place to sleep, enough food to eat, proper clothing, medical attention when they need it, and so on until you have built a small house!

