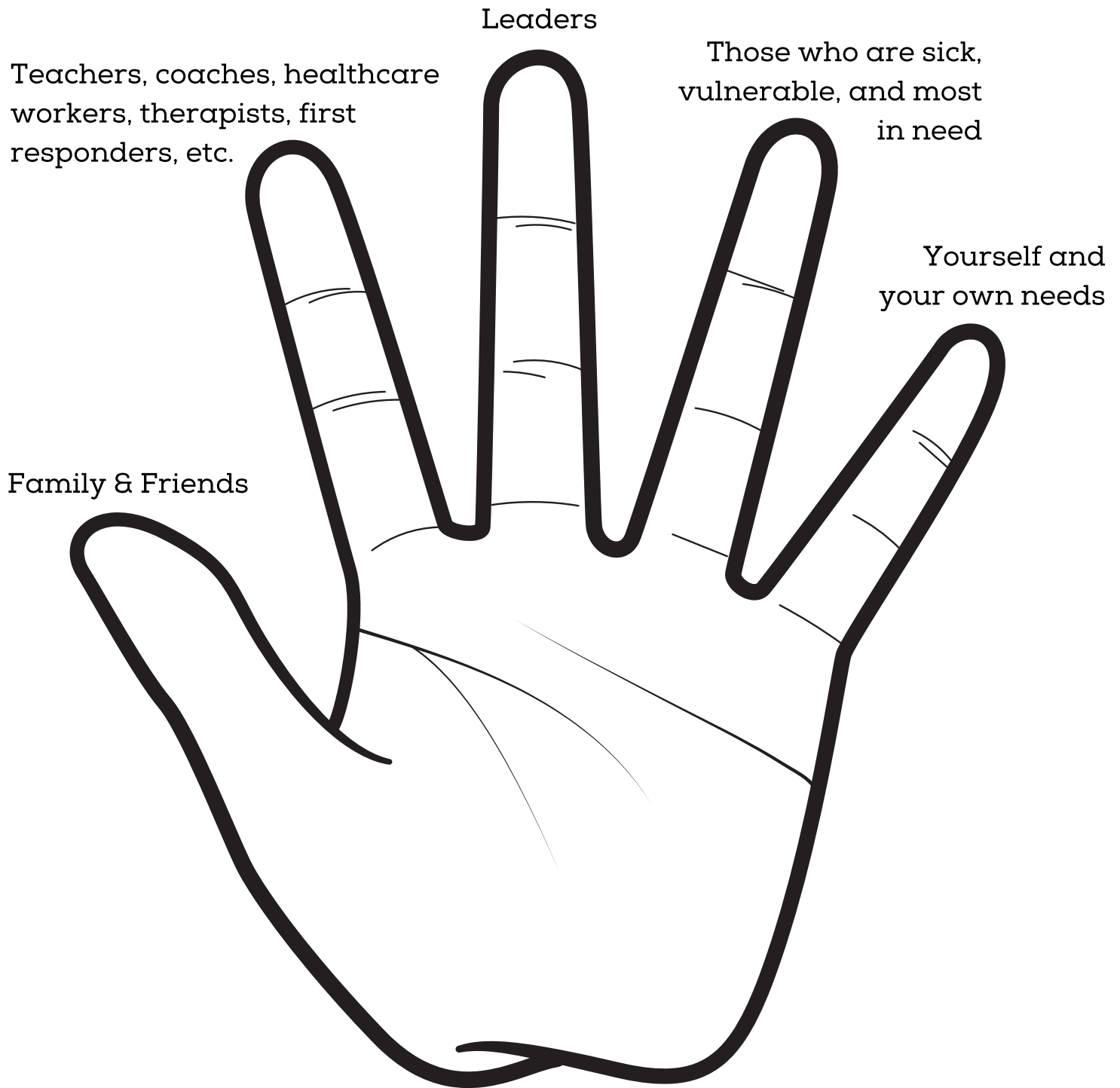


# 5 Finger Prayer



Hold out your hand, and follow the prompts to pray using each finger.

# Finger Labyrinth



*image from buildfaith.org*

Use your finger to trace the path slowly. Pray quietly or out loud as you go. You can pray for others or yourself. You can pray with words or without words.

# Breath Prayers

## Psalm 23

Inhale: I will not be afraid  
Exhale: for You are  
with me

## 2 Corinthians 12:9

Inhale: Your grace  
Exhale: is enough for me

## Psalm 46:10

Inhale: Be still  
Exhale: and know that  
you are God

## Psalm 46:1

Inhale: You are  
our refuge  
Exhale: and our strength

## Psalm 56:3

Inhale: When I am afraid  
Exhale: I will trust you

Inhale: Come  
Exhale: Lord Jesus

## Romans 8:38-39

Inhale: Nothing can  
separate me  
Exhale: from God's love

## Philippians 4:7

Inhale: Peace of Christ  
Exhale: guard my heart  
and mind

# Nature Prayer Walk



Bird: Pray for someone important to you



Flower: Pray for those who care for others



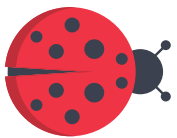
Evergreen Tree: Pray for leaders



Grass/Snow/Sand: Pray for teachers



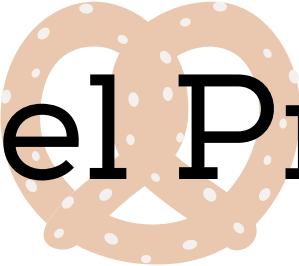
Leaves: For your family



Bug: Pray for whatever - you choose!

What else can you find in nature?

# Pretzel Prayer



"A young monk baked the first pretzel - making a Lenten bread of water, flour, and salt, forming the dough into the prayer position of the day and baking it as a soft bread. These little breads were shaped in the form of arms crossed in prayer and were called braccellae (Latin, 'little arms'). Among the Germans the word became 'bretzel.' These pretzels were a common Lenten food throughout the Middle Ages in Europe, and became an all year round snack, in its original shape only in the last (19th) century."

*(from [bustedhalo.com/life-culture/pretzels-and-lent](http://bustedhalo.com/life-culture/pretzels-and-lent))*

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## Make Pretzels!

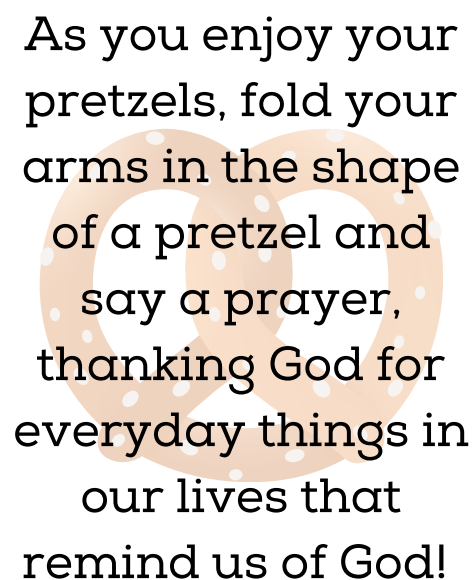
Make your own pretzels or purchase them pre-made

### Ingredients:

1 package of yeast  
1 ½ cups of warm water  
1 Tablespoon sugar  
1 teaspoon salt  
about 4 cups of flour  
1 egg (optional)  
Extra salt for the tops - large salt works best

### Steps:

Mix the yeast, water, sugar and salt in a large bowl. Stir in the flour and knead the dough until it is smooth. Shape into the form of arms crossed in prayer and place on a baking sheet. Brush the dough with a beaten egg to give it a shiny finish (optional). Sprinkle the top with salt and bake in a 425 degree preheated oven for 15 minutes.  
*(recipe from [catholicicing.com/pretzels-for-lent/](http://catholicicing.com/pretzels-for-lent/))*



As you enjoy your pretzels, fold your arms in the shape of a pretzel and say a prayer, thanking God for everyday things in our lives that remind us of God!