

Title: Remembering To Pray 1 (AA)

Age range: All ages.

Theme / Motivation

This is a creative prayer idea that can be used in a prayer room or on its own. Very often the reason people don't pray as much as they want to is because they forget to weave it in to their daily lives. This is a simple idea that might help provide a daily rhythm of prayer. Give everyone who's joining you in this idea a toothbrush and get them to think of one thing they will commit to pray for every time they brush their teeth. It could be a friend, a situation, church, healing, anything. Attach a word that will act as a reminder of this prayer commitment to the toothbrush.

Design / Structure

Have a pot of toothbrushes and small marker pens with a sign setting the challenge... 'Write on a toothbrush one thing you will commit to pray for every time you brush your teeth'

This can be quite expensive if you have a lot of people come to the prayer room, the cheap option would be a picture of a toothbrush on the sign and ask people to write it on their toothbrushes when they get home.

Materials

Pots to hold toothbrushes

Thin marker pens

Cheap toothbrushes

Ways this could be adapted

As with all of the ideas in the Creative Bank you can develop and try any number of different methods, don't feel you must use the ones we have described. For example, you could pick another daily ritual to remind yourself to pray.

