

## Waiting for News

This activity can be used for three different prayer foci. It is best to use just one focus on your prayer station. It can be used to offer pupils the opportunity to think about and pray:

- about someone they haven't heard from for a while.
- for anyone they know who is worried about someone they love.
- someone they are worried about.

### Equipment:

- At least one sand timer. A time of 1 or 2 minutes duration will be enough
- A comfortable chair next to each sand timer.
- This prayer station needs to be set up somewhere quiet.



### Instructions:

Note - the younger the pupils using the prayer station the shorter the period of time in the sand timer.

When there is a war families are separated and people have to wait for news about people they care about. Even with mobile phones it can take a long time for news to get between family and friends all the time that people are waiting for news they are worrying.

Think about anyone you haven't heard from for a while. Turn over the sand timer and pray for them while the sand drains through.

or

Think about anyone you know who is worried about someone they love. Turn over the sand timer and pray for them while the sand drains through.

or

Think about who or what you are worried about. Turn over the sand timer and pray about this while the sand drains through.

Adults should be aware that pupils may want to talk about things they feel anxious about. This activity could lead to some safeguarding issues being disclosed, and professional help sought. Adults need to be clear about the safeguarding procedure agreed with the school for the Prayer Space.

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Think about someone you haven't heard from for a while. Turn over the sand timer and pray for them while the sand drains through.

# Waiting for News

Think about anyone you know who is worried about someone they love. Turn over the sand timer and pray for them while the sand drains through.

# Waiting for News

Maybe you are worried about someone.

Turn over the sand timer and pray about that person while the sand drains through.

You may want to talk to an adult that you trust about your worry.