



Prayers for times of change

Worrying

You will need: a cup with a measure line; dried rice; small food bags; medium-sized balloons; scissors; permanent marker pens

Fill the cup with rice up to your chosen measure line, and then pour the rice into a food bag. Twist the bag closed and fold any excess around it, forming a ball shape. Cut the neck off two balloons. Stretch one balloon over the rice bag, then stretch the other balloon over the other side, hiding the hole.

Decorate the balloon with words, symbols, continents or countries of the world.

Pray for peaceful nations.

Talk about how God has us all in his hands. Nations are constantly changing. Ask God to keep us calm and to understand that sometimes change can be okay. God will be with us.

