

Prayer Stones



Have you seen the lovely stones with “breathe”, “calm” and other things written on them, or ones with a cross engraved? Well, you can do the same thing – with a little paint (or even a permanent marker – fine point works the best). You can purchase “river stones”, which are pretty uniform and flat, or you can go out searching for rocks that you find. After painting/ drawing words or symbols on them, you can pass them out to others or keep them for yourself. You can spray or paint lacquer on them and put them outside or keep them in your house.

Activities to use them:

Have people take a rock and some markers. Ask them to think of something they want to pray for (person, event, something for themselves – love, being centered, etc.). Then tell them to just begin doodling – perhaps start with a word and then drawing around it. Or they can draw decoration. The idea is to pray as you write and draw. The rocks can then be shared or kept by the individual who drew it.

- Put the rocks in the center of a gathering table, and ask people to draw on them during coffee hour or a committee meeting.
- Ask people to take some home, and bring them back decorated.
- Gather decorated ones around your altar during lent, advent, or a special time for the church. This is a physical reminder of our prayers.
- Have people decorate one for someone else in the group (draw names or something to make sure that everyone gets one).
- Gather larger decorated rocks in your church garden or memorial garden.



Prayer Stones

Take a rock and some markers. Think of something they want to pray for (person, event, something for themselves – love, peace, joy, being centered, etc.).

Now begin doodling – perhaps start with a word and then drawing around it. Or you can draw decoration.

The idea is to pray as you write and draw. The rocks can then be shared or kept only for you.

Prayer Stones

Take a rock and some markers. Think of something they want to pray for (person, event, something for themselves – love, peace, joy, being centered, etc.).

Now begin doodling – perhaps start with a word and then drawing around it. Or you can draw decoration.

The idea is to pray as you write and draw. The rocks can then be shared or kept only for you.

Prayer Stones

Take a rock and some markers. Think of something they want to pray for (person, event, something for themselves – love, peace, joy, being centered, etc.).

Now begin doodling – perhaps start with a word and then drawing around it. Or you can draw decoration.

The idea is to pray as you write and draw. The rocks can then be shared or kept only for you.

Prayer Stones

Take a rock and some markers. Think of something they want to pray for (person, event, something for themselves – love, peace, joy, being centered, etc.).

Now begin doodling – perhaps start with a word and then drawing around it. Or you can draw decoration.

The idea is to pray as you write and draw. The rocks can then be shared or kept only for you.

Prayer Stones

Take a rock and some markers. Think of something they want to pray for (person, event, something for themselves – love, peace, joy, being centered, etc.).

Now begin doodling – perhaps start with a word and then drawing around it. Or you can draw decoration.

The idea is to pray as you write and draw. The rocks can then be shared or kept only for you.

Prayer Stones

Take a rock and some markers. Think of something they want to pray for (person, event, something for themselves – love, peace, joy, being centered, etc.).

Now begin doodling – perhaps start with a word and then drawing around it. Or you can draw decoration.

The idea is to pray as you write and draw. The rocks can then be shared or kept only for you.