

Prayer Mat

Materials required

- *Tempera* paints (several colors)
- Foam meat trays or shallow pans
- Bucket of soapy water
- Markers
- Newspapers
- Straw placemat
- Small sponges (one for each paint color)

Supplies

- Scissors
- Paint shirt
- Glue

Instructions

1. Cut ribbon into 5-inch lengths, 12 of them.
2. Pour several paints onto trays/pans. Spread newspapers on a table and place the paints on the newspapers. Place the pieces of sponge in each paint container. Set the bucket of soapy water beside the table with the paper towels.
3. Using permanent markers, print your name across the top of the placemat.
4. Dip the sponge in the paint then rub the paint on one of your palms. Place your hand firmly on the straw mat to make a print (Figure 1). Lift your hand quickly from the mat so the paint doesn't smear.
5. Rinse your hands in soapy water and dry them on a paper towel.
6. Repeat the above steps using different color of paint (Figure 2). Make as many handprints as you can fit on the mat.
7. Let the mat dry for several minutes.
8. Glue six ribbons to each side of your mat for a fringe (Figure 3).
9. When your prayer mat is completely dry, you can sit on it and say "Thank you" to Jesus His love, support and forgiveness.

Tip

Make a placemat for each family member and use during meals. Print the name of each family member on the mats. When you sit down to eat, say “Thank you” to Jesus for the food, your family and anything else you are thankful for.



Figure 1



Figure 2

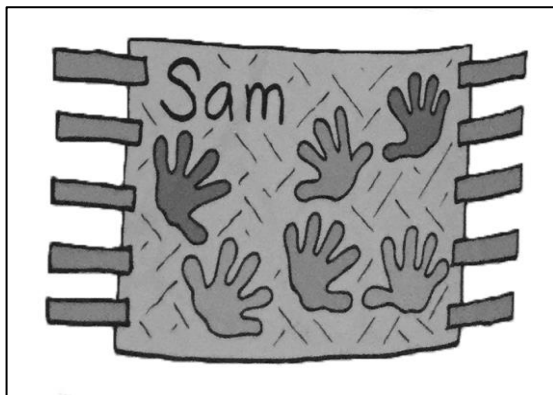


Figure 3

Conversation

What do you have to be thankful for? Why is it important to say “thank You” to Jesus? The man who couldn’t walk had a lot to be thankful for. He had good friends who brought him to Jesus. He was forgiven by Jesus. And Jesus made the man well so he could get up from his mat and walk. We have so many things to thank Jesus for too. You can sit on your Prayer Mat and thank Jesus for His love, help, forgiveness and all the good things He gives you each day.