

# ROPE OF HOPE



When the road gets bumpy and we feel unsafe we reach out to hold onto something safe. Prayer is like a safety rope of hope between us and God who is always with us. He hears all our prayers; when we adore him, praise him, thank him and even when we are angry, we grumble or when we ask him for what we need or wish. This rope of hope – our praying time, is in our hands it is all up to us to never let go of it

- Take some time to think about your prayers. Do you make time to pray in your day? Do you trust God hears your prayers?
- Take 6 pieces of wool from these provided, tie them together and braid them to form like a small rope.
- Hold this rope in your hands, close your eyes and pray God that you will never doubt of his love and mercy.
- Finally, you can tie this rope around your wrist to remind you that in your life you should never stop praying.