



Prayer Box.

During the recent online 'Prayer Breakfast' Father Bob wished he could deliver a Prayer Box to everyone needing help with prayer, whilst knowing any such item would have to be different for each individual: impossible!

But each of us can make our own Prayer Box, bespoke, I thought!

Containing symbols of our hopes and dreams; fears and worries; requests and questions; of our needs, to be heard, for strength and for preservation; symbols of our will to learn God's ways; of our grateful joys in, and humble respect for, God.

To be a way for God to reveal Himself to us.

By His grace.

- Choose a disposable cardboard box, or a sturdy wooden box, or a metal casket, or a pot – any container with a lid.
- Decorate it with paint, or seashells, or shiny sweet wrappers, or leave it plain.
- Line it with glued-on leftover wrapping paper, or printed-off psalms, or spare fabric, or copies of favourite photographs.

Make it your own.

- Place in it a leaf, or a lucky penny, or a feather, perhaps found on a walk. Change what's inside daily, or weekly, or not at all.

My first item for the shoebox I've chosen for my own Prayer Box, is this cross, (pictured above) cut from the bough from my garden bay tree I used for our Christmas tree.

When I take off the lid, at 9am while our church is in prayer, or at any time I wish,

I think of the freedom prayer gives us from lockdowns, from cabin fever, from the mundane.

The space inside the box reminds me of the physical church.

Please do share your Prayer Box ideas (or images) if this idea appeals to you.

Elaine Hamilton