

PRAYER ACTIVITY



Hope Rope

- **Equipment**

Long piece of thin rope or string

- **Set up**

Tie lots of loose knots along the rope/ string

- **Instructions**

Sometimes people say that they feel 'knotted up' inside with worries and anxieties. What are you worried about right now?

Pick up the rope/string and slowly untie one of the knots for each of your worries. As you untie them, imagine your worries becoming untied too. You might like to ask God to help you untie your worries and give you hope instead.