

PRAYER ACTIVITY

Just a Minute



- **Equipment**

Clock, watch, sand timer or timer app

- **Set up**

Find somewhere to sit quietly

- **Instructions**

Set your timer for 1 minute and silently think about all the people you will connect with today.

Choose one of the people. Think of something that you could do, lasting no longer than 1 minute to make a positive difference to their day?

(Ideas – call them, write a note, make a drink.)

You might like to say a prayer for them too.