

# Prayer for Ukraine

## Wool Prayer

*(For this prayer activity you will need a piece of wool about 40-50cm long for each person (pupils and adults). When using this activity to pray for Ukraine you could have a mixture of blue and yellow wool. Feel free to adapt these words to suit the particular focus or age groups you use this with. Read out the script slowly with time for pupils to enjoy the silence and reflection. The blue text is the instruction of what to do with the wool)*

We are going to use a simple length of wool to remind us of some deep ideas that Christians believe about prayer and God (and to help us pray for Ukraine).

Hold your piece of wool between your thumb and finger of one hand.

Let it be a reminder that we are held by God's love. We could easily let the wool go and let it fall to the ground, but Christians believe God has promised to never let us go. He is always with us even when life is difficult.

Spend some time thinking about that and if you wish, silently thank God.

Wrap the piece of wool around one hand.

This is to remind us that we sometimes we can get all tangled up inside with worry and feeling frightened. By sharing our worry with others and God we can begin to feel less tangled and freer to enjoy life again.

Spend some time quietly thinking if there is something you worry about that you would like to tell God. You can do that silently now if you would like to.

As you unwrap the wool thank God that he hears you and loves you.

Wind the wool around both hands so both hands are tangled up.

Our actions can sometimes affect other people, so they are not happy. They don't feel free. This is how the Ukrainians feel at the moment because of what is



happening in their country. In the silence ask God to be with all people who are affected by the invasion. Tell God what your hopes are for Ukraine and all people affected by war.

Praying for peace is a good thing to do, so, unwrap the wool and thank God that he is with all people who are affected by war.

Now hold the end of your piece of wool in your right hand, and in your left hand hold the end of someone else's wool so that we are all linked together.

This is to show us that we are all part of God's worldwide family, and all equally loved by Him. In the silence thank God for this family.

Keep hold of your piece of wool but let go of the other person's.

Now help each other to loosely tie the piece of wool round each other's wrist.

This is to remind us that we need each other in all sorts of ways and can show God's love to each other. You can wear the wool for the rest of the day if you would like as a reminder that God is always with you and that God's love never leaves you.

