

# Prayer Stones



*This activity will give you the opportunity to create your own prayer stone, which can be used as a tool for prayer, or to help focus and mindfulness.*

## Resources:

- 1 small clean stone
- Colouring pens – usually black and gold or silver, but any colours will work

## Signs

**Think:** What is the purpose of signs?

Signs often tell us information, quickly, clearly and simply. Look at these examples. Can you tell what they mean?

	
<p><b>Meaning:</b></p>	<p><b>Meaning:</b></p>

What other signs can you think of?

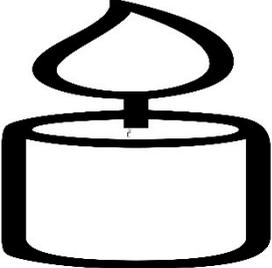
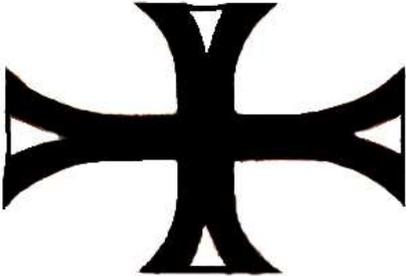
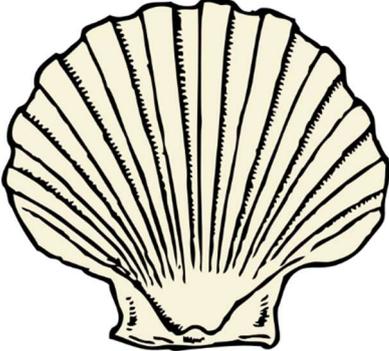
A different type of sign or symbol is your school badge? What does that look like? Do you know what the symbols on it mean?

<p><b>Draw your school badge here:</b></p>	<p><b>What do the symbols on it mean?</b></p>
--	---

### Symbols in a Cathedral

When you visit a Cathedral, such as Worcester, there are lots of symbols and signs around. Some are like the ones above, that may show an exit or a safety message, but others are symbols that relate to the Christian faith.

We've included some below – can you match them up to their meaning?

<p>1</p> 		<p><b>A</b> The Wulfstan Cross, is how St Wulfstan, the founder of the Cathedral, would sign his name.</p> <p>The split ends of the cross are because the two points of the quill would separate when pushed hard.</p>
<p>2</p> 		<p><b>B</b> A secret symbol for early Christians still used in churches today. It is used because the Greek word for fish is an acrostic for "Jesus Christ, God's Son Saviour"</p>
<p>3</p> 		<p><b>C</b> Visitors will often light one of these on a visit to the Cathedral as part of saying a prayer or to remember someone important to them.</p>
<p>4</p> 		<p><b>D</b> This is a symbol related to peace. It is also the symbol often associated with the Holy Spirit. Key parts of the Christian faith.</p>
<p>5</p> 		<p><b>E</b> This symbol is something that is often given to Pilgrims. Pilgrims are people that travel to a place of worship, such as a Cathedral. Have you even been a pilgrim?</p>

Answers: 1-C, 2-A, 3-E, 4-B, 5-D

## Making a Prayer Stone

A Prayer Stone is a stone, painted with a symbol that relates to the Cathedral. It can be used to help you focus and prepare for prayer, meditation or just to be quiet and focus. You can hold it in your hand and remember your trip to the Cathedral, or another **sacred space**, and be quiet.

Here are your directions to make your own prayer stone:

1. Get a stone and wash it to make sure it is clean. The stone could be from your garden or one you have found on a walk.



2. Get a pen and draw a symbol on the stone like this one.
  - We usually use black felt pens for this activity in the Cathedral, such as Sharpies.
  - We suggest you do one of the symbols on page 2, but it could be any symbol related to a **sacred space** that will help you be still and focus.

3. Add some coloured bits – you could use a glitter pen, or some gold or silver coloured pens – or just yellow felt tips! Use them to add shading, tints or just a little sparkle!

4. You're done!

## Using your prayer stone

Now is the time to use your prayer stone.

Find a quiet place and go there with your stone. Sit still, close your eyes and be quiet.

Hold onto your stone. Feel the stone in your hand. How does it feel? Stay quiet. Where does your mind go?

Spend a few minutes in quiet. If you want to, you could pray to God.

Was that helpful? Do you feel calm? Peaceful?

## Your Prayer Stone

You can use it in the future:

You might have a music exam and you could put it in your pocket and use it to calm them just before the exam.

Or you might keep it on your bedside table and use it at bedtime.

It is a souvenir of Worcester Cathedral, even though you haven't been able to visit there today!

## Enjoy this?

1. Come and visit the Cathedral now it is reopened for visitors
2. Encourage your teacher to bring the class on a visit next year
3. Go to our website for more activities:

<https://www.worcestercathedral.co.uk/learning/family-activities>

### Word check

**Sacred space:** a place that is special or holy, such as a Cathedral, church or other place or worship such as a shrine or mosque.

