Bubble Prayers

**Equipment**
- Bubble mixture or washing up liquid and water

**Set up**
- Mix washing up liquid and water together. Go outside or open a window

**Instructions**
- The Bible says that we can throw (or blow!) all our worries to God, because God cares for us.
- What are you worried about today? You might want to talk to someone else about this.
- When you’re ready, blow the bubbles. You might want to imagine that you are blowing the bubbles to God.

Adapted from a Prayer Spaces in Schools resource