

## Materials Needed

- Multicolor popsicle sticks or craft sticks
- Permanent markers
- Mason jar or other container

## How To Do It

1. Choose your container. The containers used to hold these prayer sticks can range from simple flower pots and mason jars to highly decorated containers.
2. Write prayer intention on your craft sticks. I wanted to expand my daughter's understanding of prayer, so I started with four types of prayer: adoration, petition, intercession, and thanksgiving. Using craft sticks in a variety of colors, I wrote the type of prayer on the corresponding color.
  - Red = Adoration (praising God)
  - Blue = Petition (asking God for our own needs)
  - Green = Intercession (asking God for the needs of others)
  - Purple = Thanksgiving (thanking God for our blessings)
3. Place your prayer sticks inside the container and set it on the kitchen table or other common space in the home.

## Using Prayer Sticks At Meals

Our prayer sticks sit in a mason jar near the table. When we set the table each evening, our three-year old places the jar on the table alongside our plates, silverware, and napkins. Setting the jar on the table creates intentionality.

Before our meal, we open the jar and each take four different colored sticks. We then say our prayers for adoration first, listening to each other as we go around the table. Petition, intercession are next and we finish with thanksgiving. Even though it takes less than three minutes to pray all four prayers, this practice has rooted our family in prayer and created the fertile ground for us to have fruitful conversations about faith that bridge the gap of adult and child.

While spiritual practices at home should shift with each family's unique dynamic, prayer sticks are a useful tool to have in your repertoire, as they are flexible enough to incorporate into established practices, or newly planted ones.