

# Creative Prayers

Sometimes it's hard to find words to pray.

But there are other ways to talk to God that may be honest, fun and meaningful.  
Come experience some new ways of prayer by creating something.



You might be thinking: 'I'm not good at... I am not very creative...'

That's great! because it's not about the product but the process. Everything you create is between you and God and God understands!

You will not be asked to share anything with other people if you don't want to. You will be asked to provide feedback on the process at the end of the session so that it can be helpful for my research project, but even this is not compulsory.

*Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart. -Mahatma Gandhi*

## Facilitated by: Alice Wood

Alice is in her final year training to be a spiritual director with Spiritual Growth Ministry ([www.sgm.org.nz](http://www.sgm.org.nz)). As well as offering spiritual direction, she is also interested in ways to expand our prayers, especially using creative processes in retreat settings. These sessions are part of her Special Interest Project.

**3 sessions:** (each is different and you don't have to come to all three)

At Wellington Central Baptist,  
46-48 Boulcott St.

7pm, Wednesday 27th of June

7pm, Wednesday 25th of July

7pm, Wednesday 1st of August

Contact: [bluwonderland5@gmail.com](mailto:bluwonderland5@gmail.com) / 0220347841