

Bubble Prayers

Perfect for a sunny afternoon in the garden!

As you blow out to make your bubble say a prayer too.

- What are you cross about that you want to let go of?
- What are you sad about that you would like to place in God's hands?
- What are you worried about that you want to let God take care of?

As you blow out let go of these things - hand them over to God.

Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers.

Philippians 4:6

No bubble mixture? - All you need is 2 parts washing up liquid, 1 part water and a little glycerine or cooking oil. Mix together in a jar or mug.* You could also add some essential oil to make scented bubbles - lavender is a good one, that is calming and generally safe. **Please do check the safety of essential oils before using as some are not suitable for children or people with allergies.**

No bubble blowing stick? - Make your own shaped one out of a pipe cleaner or cut off the round opening and part of the handle off a milk carton and give it a good wash.

* from rainydaymum.co.uk

