



1. Print out on plain paper and cut out around the outside of the square.
2. Fold along all the lines and open out again.
3. With the writing facing down, fold the corners into the centre so you can see the numbers. You now have a smaller square.
4. Turn your smaller square over so the numbers face down and fold the corners into the centre so you can see the numbers again on an even smaller square.
5. Turn it over again and put a coloured shape or picture on each quarter. Now put your fingers in the "pockets" and bring the corners together.
6. Ask someone to choose a shape or colour, then a number, then you can pray that prayer. You can say words out-loud, you can think words in your head, you could think of a picture in your head or just be still for a moment. God will hear you however you pray.

