

## To Create a Prayer Focus

You can use, upturned flowerpots, or boxes or books to create a structure. Cover this with coloured materials to reflect the theme or the liturgical season. Use candles, tea lights, flowers, incense, and pictures or statues to create an environment which can touch the heart through the senses. This prayer focus can be added to during the time of prayer by placing on it items used during the prayer such as drawings, prayers and other creative work of the group. Here are some examples of prayer focuses which we have used.

The pictures below shows how a prayer focus grew over a week-end retreat.

