

{ practices for paying attention }

origami



“God is making new life, not a day goes by without his unfolding grace...” - 2 Cor 4 :16

Sometimes we don't know how to pray. Our prayer life, paralysed.

Ask yourself this question – What is God like? What are God's characteristics? Now ask yourself, what would it look like for these characteristics to come in (a real life situation)?

Take a square of paper. Imagine a future where Gods characteristics unfold. Create an origami model (you may need to find some origami instructions online).

As you fold, unfold, and follow the instructions, pray silently for your imagined future to unfold. May your model become a physical prayer that declares Gods future unfolding now.