



## Simple Prayer Exercises

Here are three fun ways we can pray together and build each other up — no fancy words needed, just open hearts!

### *Blessing Ball*

- Sit in a circle (in person or even on Zoom with an imaginary toss!).
- Gently toss a soft ball or pillow to someone.
- When they catch it, they pray a one-sentence blessing over the next person they toss it to.
- Example: “Lord, give Katie peace at work this week.”
- Keep going until everyone has been blessed at least once!

*No pressure!*

### *Scripture Spin*

- Bring a few Bible verses about peace, trust, or hope.
- Spread them out on a table or pass them around.
- Each person picks one verse and prays it aloud for the group or themselves.
- Example: “God, thank You that You promise to be near to the brokenhearted...”
- Simple, short prayers that remind us God’s Word is true!

*No perfect words!*

*Only connection, encouragement, and God’s love shared together.*

### *Popcorn Praise*

- Set a timer for 3–5 minutes.
  - Go around quickly — each person pops up (or speaks up) with one thing they’re thankful for.
  - Big or small — it all matters!
  - Example: “Thank You, God, for a cozy home.”
  - Keep “popping” around until the time’s up, then close with a short thank-you prayer together.
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