

Hands of love

What do you need from God this week?

Write these on the hearts e.g. courage, faith, energy, love, joy.

Or write the names of people you are praying for this week



Cut around the hands, and fold in half (like praying hands!)

Once you have decorated and written on the hands, you can open and close them as a reminder of God hearing our prayers, with the verse from Exodus reminding us that God is pleased with us.