

# Prayer At Home

## Just a Minute

**Equipment:** clock, watch or timer app

**Set up:** find somewhere to sit quietly

**Instructions:** Set your timer for 1 minute, and sit and think quietly about the people you will connect with today. This could be people in your house, or someone you might speak to on the phone. Choose one of the people. Think of something you could do for them, lasting no longer than 1 minute, which would make a positive difference to their day. (e.g. Call them or write a note).

You might like to say a prayer for them too.

