**CREATIVE PRAYER – Sand**

Sand is a good visual and tactile aid to prayer.  Here is an idea to help deal with ‘burdens’ or guilty feelings for wrong actions and attitudes in the past.

**How?** Write your prayers in the sand and wipe them away. Speak God’s words of forgiveness over your life as you visually see your sins wiped away by God’s grace.

**Materials**: Sand; tray for the sand and explanation.

**Instructions**

God has promised to forgive, but sometimes we can still ‘feel guilty’ for things we did long ago, and find it hard to accept fully God’s forgiveness.

***“For I will forgive their wickedness and will remember their sins no more*.” Jeremiah 31:34**

Write that concern in the sand (to acknowledge it to yourself and confess it to God)

***“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness*.” 1 John 1:9**

As you pray asking for forgiveness and for feelings of guilt to be removed, wipe away all the traces of your wrong action in the sand.

Say out loud the promise from Psalm 103:12. Make it personal. Thank God that He has removed your sin from you!

**‘*As far as the East is from the West, so far has he removed our sins from us’* (Psalm 103: 12)**