

Kids: Pray for Others During Lent

A spiritual bouquet is a list of prayers you have offered or will offer for someone you love or someone you know who could use extra prayers.

Anyone can make a gift of a spiritual bouquet, but Catholic children have practiced this tradition for years.

While it isn't necessary to do anything more than write a note to the person for whom you are praying, he or she would often appreciate a card, especially one with homemade touches.

For this craft, you need a sheet of paper. While not necessary, colored craft paper would be nice.

Fold the paper into quarters, like a gift card.

Cut out the two sheets below. Make copies if you like, or have an adult help you download extras at <http://observer.rockforddiocese.org>.

[rockforddiocese.org](http://observer.rockforddiocese.org).

You could also use the old-fashioned tracing method to make more cards.

When you have copies of the cover, you can color them with crayons, pencils, markers or watercolors.

You may also want to decorate the outside using glitter or other decorating supplies (see list).

When the outside is colored — and dry, if you've used paint or markers — carefully glue it to the outside of your folded paper card.

Neatly print or write the prayers you've said on the inside sheet, then glue it to the inside of your folded-paper card.

Typical offerings are the rosary, or the prayers that make it up, and Masses.

Mail or give it to the person you have prayed for.

Supplies Needed

- Paper, plain or colored
- Scissors (or adult help)
- Crayons, colored pencils, markers or watercolors
- Glue or glue stick
- Optional supplies**
- Paint brush (for watercolors)
- Glitter
- Ribbon
- Colored tissue paper
- Other decorating supplies

Outside

Inside

A Spiritual Bouquet



for You

Dear _____,

Lent means praying and giving to others. I am offering my prayers for you.

With Christian love, I am,
