**CREATIVE PRAYER - SALT AND WATER**

A catalyst prayer uses an object to help inspire and focus prayer.

Salt & Water are important word pictures in God’s word. They can help inspire prayers of intercession.

How? Set up a table/area with salt, water and explanation.

Materials: salt, water (bottled/jug of water), cups, explanation.

**Instructions**

* Eat/taste some of the salt…
* Wait a few moments…Savour the saltiness in your mouth…
* How does it make you feel? Thirsty? Parched? Dehydrated?
* Pour some water and drink it…

***“That small thirst that you felt right then is nothing compared to the hunger and thirst that many children/people are going to bed feeling right now. They are bound in poverty and hunger, ill health, by corrupt governments etc. in the UK and countries around the world.”***

Spend some time praying for those who hunger and thirst.

Thank God for what He has provided for you and ask His protection on those people who went to bed hungry and thirsty tonight.

How can you help? What practical way can you get involved? Is there a food or water project you can support?

Ask God to use you to help them.