**CREATIVE PRAYER: CATALYST PRAYER - TIME**

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

This prayer is about taking time to reflect on how we spend our time.

How? Put a clock, stopwatch, timer etc. or pictures representing time on a display/table.

Materials**:** Clock; watch; timer etc. Explanation and verses (see below)

**Instructions**

What is this life if, full of care, we have no time to stand and stare.
No time to stand beneath the boughs and stare as long as sheep or cows.
No time to see, when woods we pass, where squirrels hide their nuts in grass.
No time to see, in broad daylight, Streams full of stars, like skies at night.
No time to turn at Beauty's glance, And watch her feet, how they can dance.

 No time to wait till her mouth can enrich that smile her eyes began.
A poor life this if full of care, we have no time to stand and stare.
William Henry Davies

How much time do you give to God? How do you use the time that God has given you? How do you need to invite God into more of your time?

***There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.* Ecclesiastes 3:1-8**