

Prayer Wheel: Lenten Activity for Elementary Grades

Aghotanev

Lent is traditionally a time to focus on prayer. The forty-day period is ideal to remove distractions, reorder priorities, and practice the art of talking with God. An easy way to encourage this in younger children is with the use of a prayer wheel. In Armenian, it's "Aghotanev" (*Aghotk*=prayer; *anev*=wheel).

You will need two large squares of poster board or heavy construction paper, a marker, pie plates or dinner plates (see step 1), rulers, and a brad for each student. Direct children to do the following:

1. Cut one of the pieces of paper into a circle (provide pie plates or dinner plates for them to trace)
2. With the marker and ruler cut the circle into "pie slices" – 8 or more.
3. In each section, write the name of a family (your own included), a friend, a relative, or a group of people who needs prayer.
4. Poke a hole in the middle of the circle (if easy enough, you can use the brad itself to do this) and in the middle of the other piece of paper.
5. Put the circle on top of the other sheet; then put the brad in the hole and fasten the two pieces together.
6. Draw an arrow pointing down at the top of the square piece of paper.

Direct children to put their prayer wheels on the refrigerator or somewhere else their family will see it. Each morning, they are to turn the wheel clockwise one space and pray for the person or people to whom the arrow points. Throughout the day, they should remember to pray for them!