

Sacred Play



7 Days of Wonder

Simple playful exercises to notice God in everyday life.

Remember the wonder of childhood. This 7-day mini journey invites you to notice God's presence through playful, simple, and creative activities. No experience needed, just a heart open to delight and discovery.

Day 1 — Nature's Treasure Hunt

Activity: Step outside and collect three natural objects (leaf, stone, flower, pinecone).

Playful Prompt: Arrange them somewhere special. Notice colours, textures, shapes.

Sacred Twist: Thank God for each small gift and whisper one line of gratitude.

Day 2 — Colouring with Faith

Activity: Colour a simple line drawing (flower, tree, or sun).

Playful Prompt: Imagine you are colouring with Jesus beside you.

Sacred Twist: As you colour, silently repeat a favourite prayer or verse from Scripture.

Day 3 — Mini “Thank You” Notes

Activity: Write short notes of thanks for people, nature, or small blessings in your life.

Playful Prompt: Fold them or place them somewhere you can see them.

Sacred Twist: Offer them silently to God and let the act of giving spark joy.

Day 4 — Micro Prayer Jar

Activity: Take seven small slips of paper. On each, write a short prayer, hope, or intention.

Playful Prompt: Fold them and place them in a jar or cup.

Sacred Twist: Each day, draw one slip and hold it up to God in prayer.

Day 5 — Scripture Seeker

Activity: Pick a quote from Scripture from the Bible, an app, phone, or book.

Playful Prompt: Write it somewhere visible such as a mirror, sticky note, or journal.

Sacred Twist: Repeat it like a chant during your day and notice how it shifts your heart.

Day 6 — Listening Walk

Activity: Take a 5–10 minute walk. Listen closely.

Playful Prompt: Notice birds, wind, footsteps, or distant sounds.

Sacred Twist: Thank God for what you hear and reflect on how Creation speaks to your soul.

Day 7 — Mini Celebration

Activity: Pick one simple way to celebrate God’s presence, such as a candle, a favourite tea, a small treat.

Playful Prompt: Set a short timer (five minutes) and focus fully on this moment.

Sacred Twist: Whisper a short prayer: *“Thank you for this joy, this moment, this life.”*