

# Sandbox Prayers

## **Background**

This idea comes from Zen Buddhism and has origins in China and later in Japan. Zen is hard to explain, but most of us grasp what we think it means. What comes to your mind when you hear the word “zen.”

Inner peace? Quiet? Stillness?

It has been said that “Zen means waking up to the present moment.” It also has been called “A wordless sermon.”

For Christians, it can be a tool to calm our thoughts as we focus on Christ.

## **How to use a mini sandbox**

Consider the sand to be your life or path. You can rake it to symbolize raking your life of the impurities. Raking can also help you concentrate on the purpose, which in our prayer would be to be with God.

As you experience the sandbox, let your thoughts – in prayer – be imaginative and creative. Here are some ideas:

Realize how it is not easy to make perfectly straight lines. How does that symbolize your current path? Use the rake to make new patterns in the sand. How does that symbolize your current path?

Stones and other items in the box can symbolize the “mountains” in your life. How do you work with the mountains?

Take your time. You can write your experiences when you are finished, if you want.