



We live in a world full of symbols. They are everywhere with Logos on clothes and trainers to road signs and the like.

For 2,000 years Christians have used symbols to speak about what they believe or express a particular identity.

The Jesus fish or Ichthus was used as a sign of faith and was originally used as a secret symbol by early Christians.



'I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.' Psalm 17: 6

Sometimes having something to focus on, to touch can help us when praying.

Use your finger to trace the shape of a fish and as you do so allow the movement to guide your prayers.

You may like to give thanks for the ways God has 'shaped' an area of your life.

You may simply like to rest in God's presence allowing Him to whisper to you.