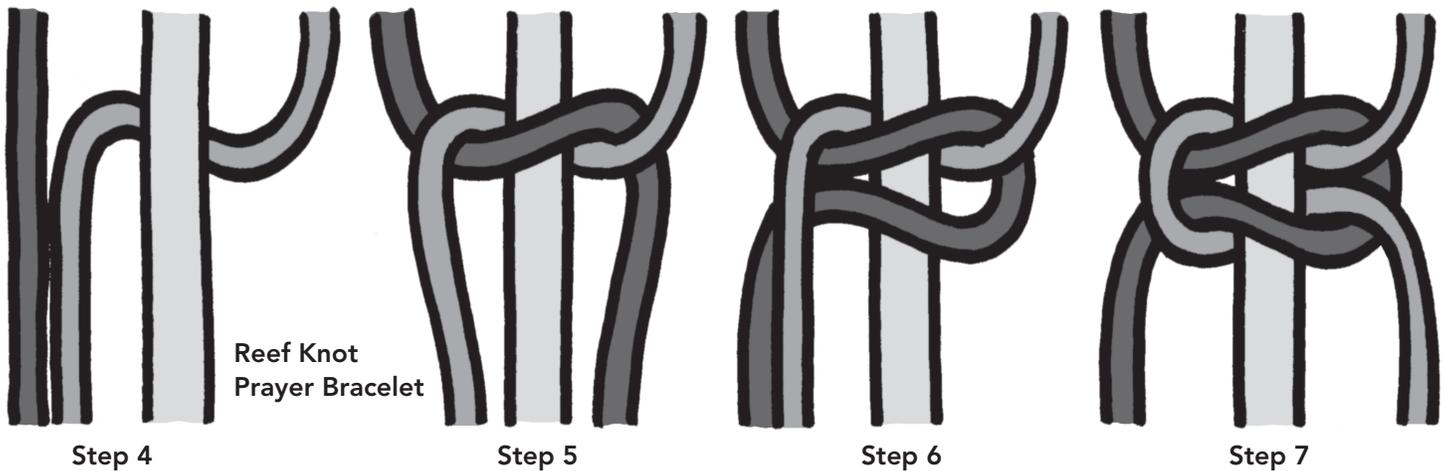


RA TREK



Reef Knot Prayer Bracelet

What You Need:

- hemp
- beads
- index cards for missionary prayer cards with the name of a missionary and prayer requests for his/her missions work
- duct tape

What You Do:

1. Cut the hemp into 80- and 35-inch lengths (two of each for each RA).
2. Give each boy a missionary prayer card.

What RAs Do:

Pray for missionaries and their missions work, and make a prayer bracelet.

1. Make a reef knot prayer bracelet.
2. The RA will pray for the missionary listed on the missionary prayer card while he ties the knots of his prayer bracelet.
3. The bracelet will be a reminder to pray for missionaries often.

How to Make the Reef Knot (Square Knot) Bracelet

Step 1

Cut the hemp string to the right length. Cut two strings, one long piece at 80 inches and one short piece at 35 inches.

Step 2

Find the middle of each string and tie a knot, making sure it's the right size for the bead you want at the end. Make sure the loop is not too small or too big for the bead.

Step 3

Attach the hemp to the table with the duct tape to keep the hemp secure and to make tying the knots easier.

Step 4

Take the string to the right and put it under the string in the middle and over the string on the left.

Step 5

Take the string on the left and put it over the strings in the middle and through the loop that the first string made. Pull tight. One half of the reef knot is complete.

Step 6

Now, do the same again, but mirrored. Take the string to the right put it over the string in the middle and below the string to the left.

Step 7

Take the string to the left, put it under the middle string and out through the loop that the last string created. Pull tight. One reef knot is complete.

Step 8

Once the hemp bracelet is the desired length for the wrist, pull all four strings through a bead. Tie a knot tight against the bead so it will not come loose.