Pause:
What’s on your mind? Are you worried? Are there things you want to change? Would you like to thank God for something?

Do:
The bubbles show that our thoughts go up to God. God sees everything. He hears all our prayers.

Write or draw your thoughts on a post-it note. Stick them on the bubble tube.

Pray:
Be still. Quietly imagine your thoughts and prayers travelling to God.

In the Bible God says:
‘Do not be anxious (worried) about anything, but pray to God about everything.’ Philippians 4:6

‘I am able to do more for you than you can possibly imagine.’ Ephesians 3:20
Pause:
Music is a wonderful gift from God. You are going to listen to some music. Make yourself comfortable. Listen to the song using the headphones. What are you thinking about as you listen to the song?

You may like to say a prayer before you start:
Eg. ‘Dear Jesus, I would like to listen to you now. Please help me to hear what you have to tell me through the song and through the pictures in my head.’

Do:
Take a piece of paper and some colouring pens.
Draw whatever the piece of music makes you think of.
You may want to listen to the music again before finishing your drawing.

Pray:
You may like to say thank you to God for what he has told you through your drawing. Eg. Dear God, Thank you for speaking to me today. Thank you for the picture you gave me and help me to know what it means for me and my life. Amen.

You may like to take your picture with you or leave it as a gift to God in the bowl.
Pause:
The Bible teaches that we are all loved by God and that Jesus died on the cross for the wrong things that we have all done and will do. All our worries can be given to God because of the cross.

Do:
You may like to hold the cross in your hand silently giving your worries to God. Or, you could say one of the prayers below.

Pray:
• “As I hang on to this cross, Lord, hang on to me.”
• “As I hold this cross, Lord, fill me with your strength and peace.”
• “As I hold this cross, Lord, I remember your love given to me through Jesus”.

The Bible Says:
‘For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish (die) but have eternal life’ John 3: 16

‘…seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own’ Matthew 6: 33-34
Pause:
The Bible teaches that we all belong to God’s family. We are all brothers and sisters. We have been made to love and care for each other.

Do:
Take a post-it note and write your name on it to show that you belong to God’s family. Stick this to the tree.

Then use other post-it notes to write the names of the important people in your life (eg friends and family). You might like to think, why you are thankful for them?

Pray:
Thank God for these people and pray that they may have peace, love and joy in their lives. Pray that they may know how thankful you are to have them in your life.

The Bible Says:
‘May God make your love increase and overflow for each other and for everyone else.”  
John 3: 16

‘Pray for one another.’  James 5:16
Pause:
People can hurt us by the things they say or do.

Do:
Do you have hurtful memories because of something said or done to you?

Pray:
Take one of the stones from the bucket and hold it very tightly in your hand.

Let the stone represent (show) the hurt you feel when you remember what the other person said or did.

Let your hurtful feelings go as you gently place the stone in the water. Know that the Bible teaches that Jesus said that as you forgive, you are also forgiven.

In the Bible God says:
‘If you forgive when people do wrong to you, your heavenly Father will also forgive you the wrongs you have done.’ Matthew 6:14
The Palm of God’s Hand

Pause:
The Bible says that our names are written on the palm of God’s hand. God made you. He wanted you to be born. God knows you and He will not forget you.

Do:
Take one of the ‘hand’ pens and write your name on the large picture of the hand.

Look at your name and the names around it.

Pray:
Read one of these verses from the Bible and ask God to speak to you in your heart.

‘I knew you before you were born’ Jeremiah 1:4,5
‘I knit you together in your mother’s womb’ Psalm 139:13
‘You are fearfully and wonderfully made’ Psalm 139:14
‘Every good gift that you receive comes from my hand’ James 1:17
‘See, I have engraved (marked) you on the palms of my hands’ Isaiah 49:16
Pause:
What plans do you have for your life? Is there something you really dream of doing?

Do:
Write, draw or doodle the hopes and dreams you have for your life.

Look at your name and the names around it.

Pray:
Get God involved with your dreams. Tell Him about them, about what you would love to do.

As you wipe the magnadoodle clean, ask God to help you know about what plans He has for your life.

In the Bible God says:
“For I know the plans I have for you,” declares (says) the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future’ Jeremiah 29:11
Pause:
Think of some of the words you would use to describe yourself?

Do:
Write in the sand, one word at a time, the different words that you feel best describe you or draw pictures that help you describe yourself.

Use your hand to flatten the sand then write/draw the next one. Do this four or five times if you can. Remember your gifts, the things you enjoy doing or are good at.

Pray:
Ask God to help you remember all the good and special things about yourself.

In the Bible God says:
‘You are my treasured possession’ Exodus 19:5
‘I am your greatest encourager’ 2 Thessalonians 2: 16-17
Remembering the Good

Pause:
Think of the good things that have happened to you. What happy memories do you have? What things are you looking forward to? When was the last time you laughed and could not stop?

Do:
Take one of the pieces of cereal and crunch it in your mouth.

Prayer:
As you enjoy the taste, thank God for the good things you can enjoy in this life.

In the Bible God says:
‘I have come that you may have life, life in all its fullness” John 10:10
‘Taste and see that the Lord is good’ Psalm 34
Pause:
Is there something making you feel sad today? Do you have worries on your mind?

Do:
Slowly follow the path using a finger on the hand you don’t write with. Think through your thoughts as you do this.

Pray:
The centre helps people to think of God’s love. At the centre, you may like to say a prayer like this ‘Thank you God that you love me and thank you that I can leave all my worries with you today and every day. I pray that you will help me to know that you love and care for me. Amen.’

Follow the path back to where you started. You may like to think of the picture of your worries being given to God. They might be in a box or a rucksack?