
Sorry Sand

“I wish I hadn’t...”

“I’m sorry I...”

“I didn’t mean to...”

“If only I hadn’t...”

How would you finish these sentences?

All of us have done things we regret, or wish we could change. Sometimes that feeling of guilt or sadness can weigh us down. Maybe you feel like you want a fresh start?

Christians believe that when they say sorry to God, he forgives them and gives them a fresh start.

If you would like to, write the word ‘sorry’ in the sand as you think about something that you want to say sorry for and move on from, then brush it away.

Thank You

What are you thankful for?

There are lots of wonderful things in the world that we can be thankful for. Christians like to say thank you to God for these things.

We can be thankful for physical things like cars, food, homes, water, games consoles, clothes, holidays...

We can also be thankful for moral or spiritual things like friendship, peace, happiness, love, hope, kindness...

As a prayer or reflection, express your thankfulness for something important to you by writing or drawing it onto a post-it note.

Please Bubbles

What is on your mind?

Do you have worries about the future?

Is there anything you need?

Are there things you want to see changed?

Christians believe that God cares about all their worries and needs and that He hears all their prayers. The bubbles going up the tube in the middle here represent all our prayers and thoughts.

If you would like to, write something that you are thinking about on a post-it note and stick it onto the bubble tube as a prayer or reflection.

Our World

Look at the world map and think about the things that are going on around our world. Christians believe that it is important to care for our world and the people in it.

Think about any family or friends you may know in another part of the world.

Think about different situations around the world that you've heard about, maybe on the news, where people need help.

If you would like to, write a prayer or thought for someone you know or about something that is happening in the world onto a post-it note and stick it onto the map.

Big Questions

Discussion about faith and religion has always prompted people to ask 'big questions'.

When disasters and bad things happen in our world, we can think 'Where was God in that?', or 'Why did God let that happen?'

Christians believe that God wants to hear our questions, whether they are coming from a sad, angry or hopeful place.

What are the 'big questions' you would ask God?

If you would like to, write one onto a ripped piece of cardboard and take a moment to pray or reflect on it. Then when you're ready, peg it onto the string.

Pipe People

There are lots of people that we come into contact with that have a positive effect on our lives. They might be people we know well, or people we find out about and look up to because of what they have achieved.

Christians like to thank God for these special people and the impact that they have on us.

Who are you thankful for? Why are they important to you?

Think about someone that's important to you. It might be your best friend or your teacher, someone in your family or someone completely different!

Perhaps you'd like to spend some time thinking about or praying for that person. As you do, make them out of pipe cleaners as an outward expression of your thoughts or prayers.

Forgiveness Stones

Sometimes we are hurt by people, they may call us names or say or do things that are unkind.

When this happens we have a choice to either forgive that person and let go of the hurts or to hold onto the anger and bitterness we may feel.

Christians believe that because God forgives them, it helps them to forgive other people, allowing them to let go of the heavy feelings and feel lighter inside.

Put on the headphones and turn on the MP3 player. Listen to the track and respond in a way that you are comfortable with.

hopes & Dreams

Everyone has hopes and dreams – things they would like to have, or to be, things they would like to do, or places they would like to go. Some hopes and dreams are small and could happen today; others are huge and may take a whole lifetime to reach. Some hopes and dreams feel impossible.

Christians often share their hopes and dreams with God. They might ask Him to help them find a way forward or to keep going when they're finding it hard.

What do you hope for? Maybe it's a something that feels quite small, or maybe it's something that feels really big.

Write down your hopes and dreams onto a piece of acetate, perhaps as a prayer asking God to help you achieve them, or simply as a reminder to yourself, and then hang them up.

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What do you hope for? Maybe it's a something that feels quite small, or maybe it's something that feels really big.

Write down your hopes and dreams onto a post-it note and stick them on the relevant section of the wall- you may have a hope for all three of these areas.