

Take a Moment



Saturday Evening

Prayer Leader:

First, touch your nose.

Notice the way it sticks out from your face to help you smell lots of good things.

Wrinkle your nose and feel the different ways you can move it.

Take a deep breath in through your nose.

What can you smell? What is your favourite smell in all the world? Think about all the things you have been able to smell this week.

Now let's look back to see what has been happening.

Has this week been different/special in some way?

How did you feel at the beginning of the week?

How do you feel now it is nearly over?



Prayer Leader:

What was the best part of this week for you?

When did you have fun, or feel good?
What was good about it? Was something funny, or exciting?

What was the worst part of this week for you?
Was there something disappointing, boring or that made you angry?

Is there anything you feel sorry about that you said or did?

Remember that we all do and say things we would
like to change, or are not proud of.

No matter what, you are special, you are loved,
forgiven and you are cared for.

Prayer Leader:

Now see how you feel about the summer holidays.

Is there anything you're looking forward to, or not looking forward to?

God cares about everything you care about.

Take a moment to talk to God, asking for any help you need, knowing that you are loved, and that God is always there to listen to you.

