

---

# Nature

Sometimes things we see, hear or touch in nature can inspire us to pray or reflect on our lives. Christians believe that God created the world to be looked after and enjoyed by people.

**Choose one natural object to hold calmly. Think about where it came from. Admire all its details, the patterns and colours, how it feels and any sounds you can hear through it. Consider what a gift this piece of nature is and give thanks for it.**

**If you would like to, you can write a prayer or a thought on a post-it note and stick it onto the box where the object was.**

---

# The Labyrinth

A labyrinth is a pathway with a destination which can help us meditate and pray along the journey in our minds.

**Choose a labyrinth, sit quietly and breathe in and out deeply. You can pray or think about something that is troubling you before you begin.**

**Take time to trace your finger along the path, thinking about the movement, all the way to the centre. Once you're there, you can pray or think about steps you can take to help you with your worries.**

**When you're ready, exit the labyrinth by tracing back from the centre.**

---

# Awe-some

Christians believe that God is king over all creation, keeping it going. There are some amazing sights to see in our world, and even beyond!

**Take your time to have a look at the collection of photos. Perhaps you would like to write a prayer or a reflection about how these places make you feel as you look at them, giving thanks for what you notice. Imagine you're in that place...**

What would you like to say to or ask God as you stand there?

---

# Rivers

Rivers are constantly moving, as the water travels on a journey to the destination. Our lives can be constantly changing and sometimes we need to take time to be calm and appreciate what we have, to be content.

Are you content? Do you have peace?

**Listen to the calm music and have a look at the words from Psalm 23, written by a content shepherd. Think about what you can do or who you can ask to help you to be content with your life.**

**If you would like to, you can write or draw a prayer or a thought about this on the river paper.**

---

# Psalm 23 v 1-3

The Lord is my shepherd; I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

He leads me in the paths of righteousness  
for his name's sake.

---

# Park Prayers

What's your favourite thing to do at the park?

A park can be a great place to spend time with our friends, to play games or sit quietly under a tree and talk. Showing kindness to our friends and praying for them shows that we care. Christians believe that God wants to help our friendships.

**If you would like to, draw something you can pray for one person in one space on the ladder picture, to help you think about or pray for people that are special to you.**

---

# Seaside

The sound and sight of water moving and the feel of the sand at the seaside can help us to be calm and refresh our minds.

**Listen to the sounds of the sea. You can draw a picture in the sand tray of something that is troubling you, or something you would like to praise God for giving to you.**

**You could read the poem 'Footprints in the Sand' to help you with your ideas for thoughts or prayers.**

---

# Footprints in the Sand

One night I dreamed a dream  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
Especially at the very lowest and saddest times,  
There was only one set of footprints.

This really troubled me, so I asked the Lord about it.  
“Lord, you said once I decided to follow you,  
You’d walk with me all the way.  
But I noticed that during my saddest and most troublesome times of  
my life,  
There was only one set of footprints.  
I don’t understand why, when I needed You the most, You would  
leave me.

He whispered, “My precious child, I love you and will never leave  
you.  
Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you.”  
(Author Unknown)



---

# Rainbow Promises

In the Bible, the rainbow can be seen as a symbol of God's peace and love. It is also a promise that He will look after His people. This causes Christians to praise God and thank Him for the blessings that they have in their lives.

**Place the prism onto the white paper, facing the large flat side towards you. Shine the torch onto the prism and adjust the angle of both until you can see a rainbow!**

**Consider what you're thankful for. You can write a promise to change something or start something new and write it on a rainbow.**

---

# People

Christians often gather in a church to meet together to sing, pray and listen to God, as well as to talk to and encourage one another. Did you know that church isn't really about the building? It's the people! That's why Christians believe that you can pray anywhere, anytime, and God will still listen.

**Draw somewhere special you like to go to help you pray, think or talk with special people in your life. Place it in a card window frame to remind you of this. If you would like to, say a prayer to say thank you for these people and places.**

