
Thank you

The Lord is my shepherd; I have all that I need. You let me rest in green meadows; you lead me beside peaceful streams. You renew my strength.

As you sit down by our peaceful stream, think about what you are thankful for in your life: food, water, friends, family, homes, school, pets, the wonder and beauty of our world. We have so much to be thankful for.

Take a leaf and as a thought or prayer, draw something you are thankful for.

Then peg it to the tree and rest in our green gazebo by our peaceful stream.

Sorry

You guide me along right paths, bringing honour to your name.

Sometimes we are tempted to step off the right path, make a bad choice and do something that we later regret or feel sorry for. It happens to all of us!

Christians believe that God forgives us when we say sorry and asks us to forgive others as well.

Maybe there is something you feel sorry for and wished you hadn't done it. Write or draw it on the white board, or just write the word 'Sorry'.

As you wipe the board clean think about your bad feelings disappearing and being back on the right path.

Our World

Even when I walk through the darkest valley, I will not be afraid, for you are close by me. Your rod and your staff protect and comfort me.

Christians believe that God is always with us and that prayer changes things. Look at the pictures of places around the world where there is suffering. Choose someone from the pictures, or someone you know who is going through a difficult time. Maybe you are going through a difficult time and would like some comfort.

Make that person out of pipe cleaners and think about or pray for them and anything that they might need.

Try and find the place that person comes from on the map and put your pipe cleaner person there. At the end of the session you can take your pipe cleaner person with you as a reminder to think about or pray for them.

Please

You prepare a feast for me in the presence of my enemies. You honour me by anointing my head with oil. My cup overflows with blessings.

Christians believe God wants to bless us with His Holy Spirit at all times and we can let go of all our worries (those enemies) to Him. In exchange for our worries, He wants to give us the fruit of His Holy Spirit - His love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

What things worry you and try to take away your joy and peace?

If there is something that is worrying you, you can write it down or draw it on a post it note, as a prayer or reflection. As you stick it to the bubble tube you can let go of that worry and, if you'd like to, ask God to help you relax in joy and peace.

Peace

Surely your goodness and unfailing love will always be with me all the days of my life, and I will live in your house Lord forever.

Just take some time to chill out in our peaceful place. Christians believe God is with us now and wherever we go.

Look at the beautiful places on the wall and think about places that you like to go to. Perhaps when things are tough or difficult you could remember these places and this time of peace.