

Take a Moment



Wednesday Evening

Prayer Leader:

First, touch your ears. What do they feel like?

What different sounds have you heard today?

Let's sit quietly for a minute and listen.

What can you hear?

Remember that your ears have been listening and hearing sounds all day long!

Now let's reflect on today and see how you've been while your ears have been listening to all those sounds.

How was your morning? What did you learn?

How was downtime and lunchtime?

How have you been since you came back from lunch?



Prayer Leader:

What was the best part of today for you?

When did you have fun, or feel good?

What was good about it?

Was something funny, or interesting?

What was the worst part of today for you?

Was there a time when you were feeling upset, stuck,
confused, lonely, or something else?

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 think about tomorrow.

Is there anything you are looking forward to? Or not looking forward to?

God cares about everything you care about.

Talk to God, asking for any help you need, knowing that God always loves listening to you.

