

Take a Moment



Friday Evening

Prayer Leader:

First, take a look at your hands.
Feel your fingers, feel the different ways
your hands can move.

Feel the skin on your palms and on the back of your hand.
Does it feel the same? Think about all the ways
you have used your hands today.

Now let's look back to see what has been happening today,
and how you've been feeling while your hands have been
busy in all those ways.

How was your morning?

How were your downtimes and lunchtime?

How was your afternoon?



Prayer Leader:

When did you feel good today?

Was someone kind to you? Were you kind to someone?

Was there something that was fun, or that you
feel you did well at?

Was there a time today when you didn't feel good?

Was there a time when you felt like you are not special or loved?

Was there a time today when something happened
that you are sorry for?

Maybe something you did or said?

Or something you didn't do or say?

Remember you are a precious, forgiven child of God,
nothing ever changes that, and you always have new
chances to do things you feel good about.

Prayer Leader:

Now have a think about tomorrow.

Is there anything you're 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 you are loved, and that God is always there to listen to you.

