

Take a Moment



Tuesday Evening

Prayer Leader:

First of all put a hand over your heart.
Can you feel it beating?

Or can you find your pulse in your neck?
Sit quietly and feel it for a minute.

Remember that your heart has been beating all day,
keeping you alive, without you having to tell it what to do!

Now let's take some time to see how you have been today
while your heart has been beating all the time.

How did you feel when you woke up?
How was your morning?

How was your downtime and lunchtime?

What has been happening this afternoon?



Prayer Leader:

What did you most enjoy today?
Was it a time that you were doing schoolwork,
downtime, or some other time?

Why did you enjoy it? How were you feeling?

What did you least/not enjoy today?
Why was that? How were you feeling?

Was there something you said or did that may have been hurtful?
Maybe online, or to a family member?

Or maybe something that was hurtful to yourself?
If so, remember that we can all do or say hurtful things
but forgiveness is always available.
You are a special and unique person,
and nothing ever changes that.

Prayer Leader:

Now think about the rest of today and tomorrow.

Is there something you are hoping for, or not looking forward to?
To do with your friends, family, school, or anything else?

God cares about everything you care about.

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

