

Take a Moment



Thursday Evening

Prayer Leader:

First see what it is like to feel your bones
for a moment or two.

Which bones can you feel? How are they all different?
How do your joints move?

Remember that you have been relying on your bones all day,
to walk, run, play, write, smile....

Now let's look back to see what has been happening today, and how
you've been feeling while your bones have been moving you around.

How did you feel when you were getting out of bed?

Has today been different/special in some way?

How were your downtimes?

How was it doing your schoolwork?



Prayer Leader:

What was your favourite part of today?
Why? How were you feeling?

What was your least favourite part of today?
Why? How were you feeling?

Is there anything you said or did that that you
felt sorry about today?

We all do or say things we would like to change.

You are a special, forgiven child of God no matter what.

Every moment is a new moment and a new
chance to make a different choice.

Prayer Leader:

Now see how you feel 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.

