

HEALING

At this prayer station think about how we can be healed when we are hurt and also how we can heal those we have hurt.

As a symbol of hope and healing:

- Take a few minutes to tell God if you are hurting in any way..... ask Him for help to heal your hurt.
- Think of someone you may have hurt or upset; write their name on the heart shape and say a prayer for that person and ask God for his forgiveness and help.
- **As a sign of healing, place a plaster over the person's name on the heart.**

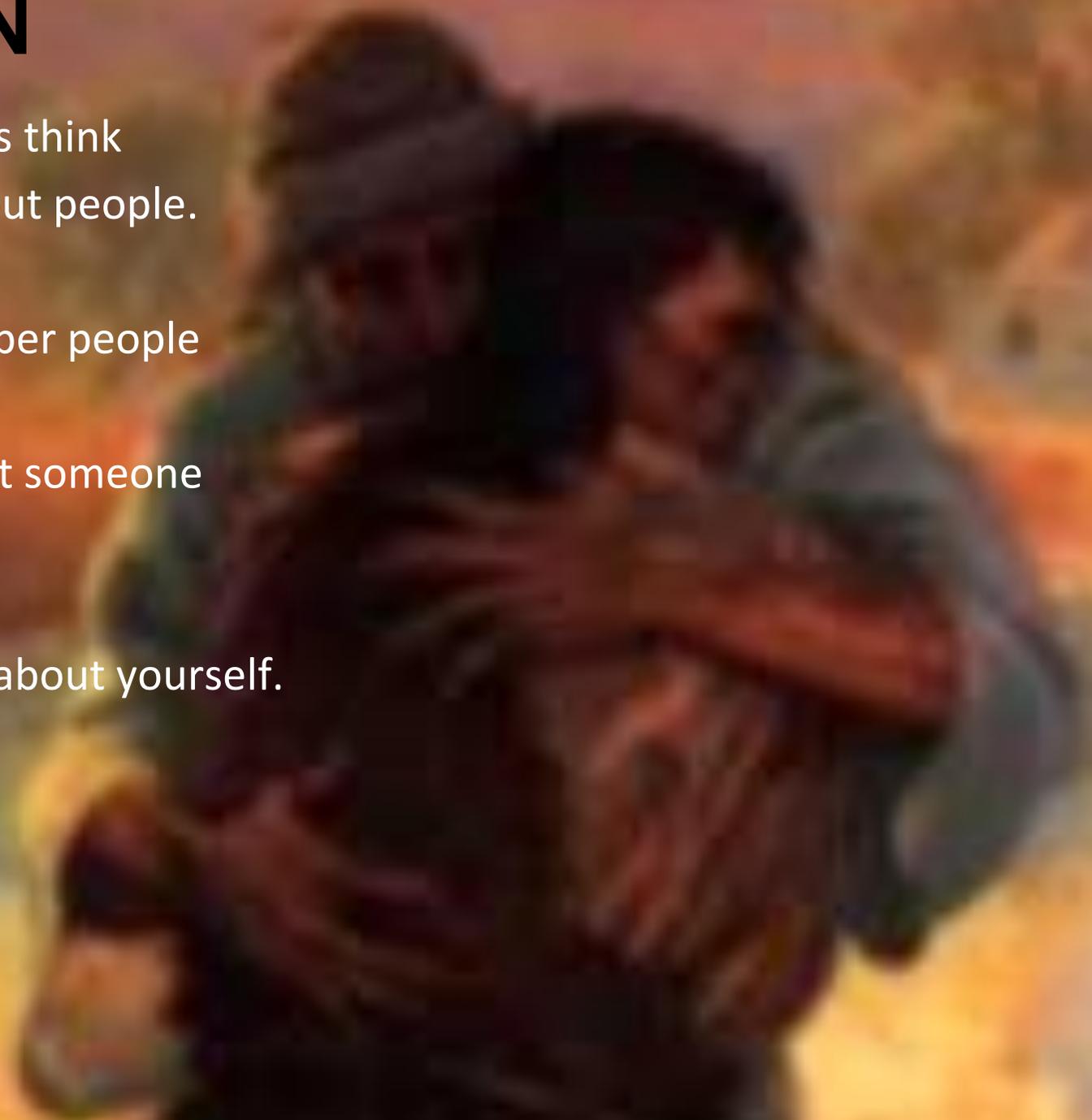
AFFIRMATION

Sometimes we don't always think
or say the nicest things about people.

At this station there are paper people
and some pens.

Write something nice about someone
you have hurt in the past.

Now write something nice about yourself.



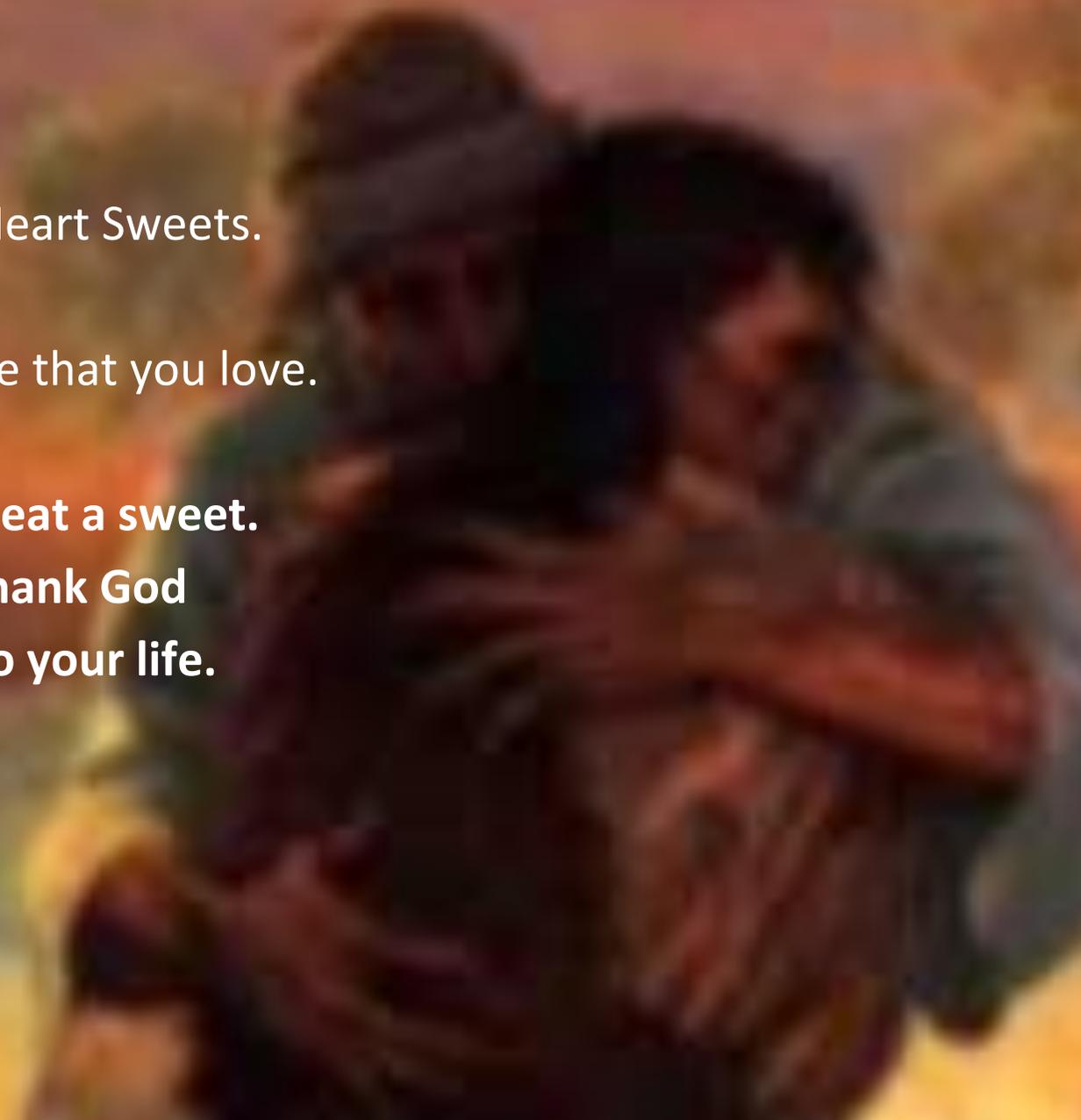
LOVE

Here are a selection of Love Heart Sweets.

Think of the people in your life that you love.

Pray for those people as you eat a sweet.

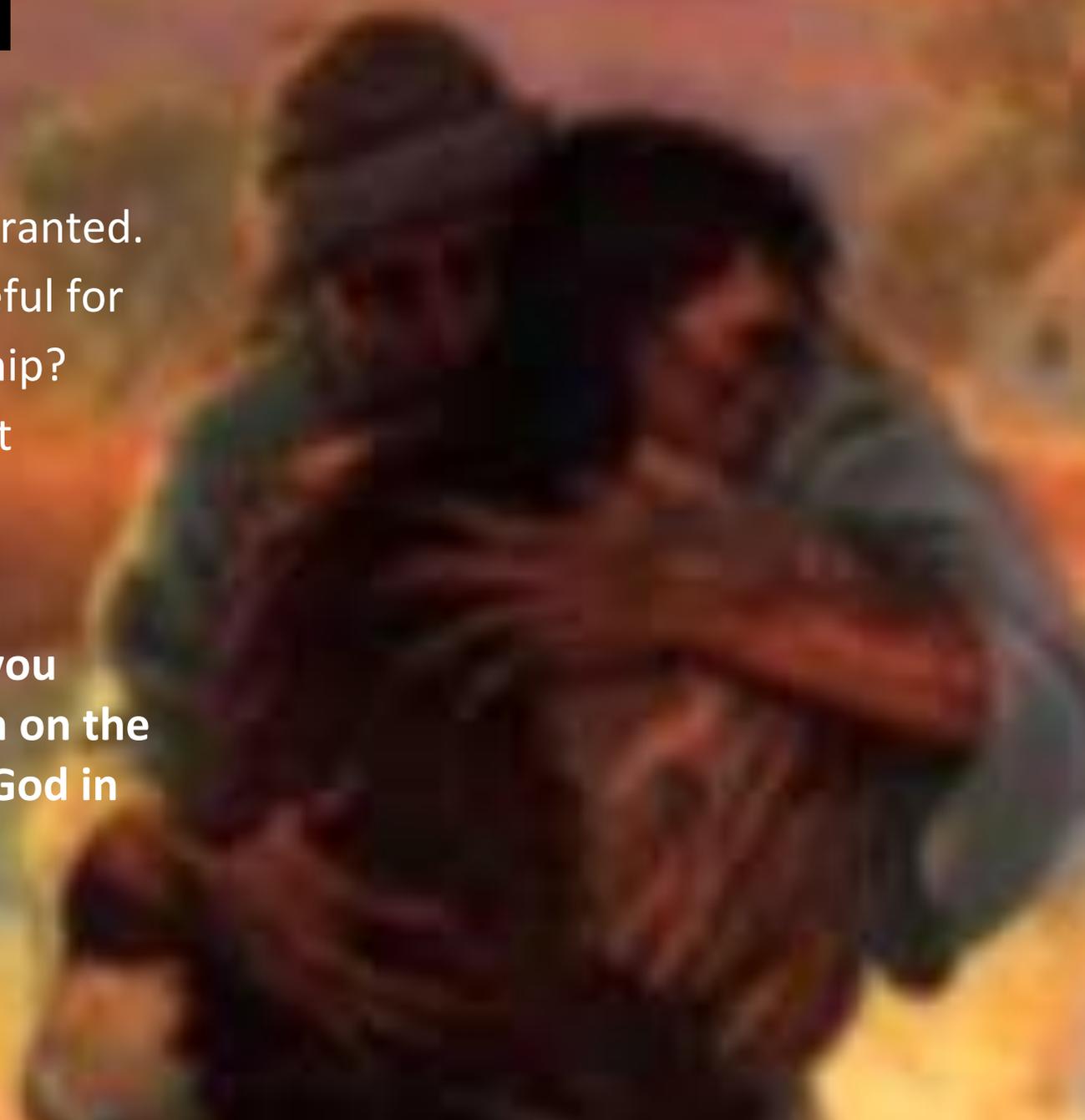
**Stay for a few minutes and thank God
for bringing these people into your life.**



APPRECIATION

Sometimes we take gifts for granted.
Maybe we have been ungrateful for
the gift of someone's friendship?
Maybe we have rejected a gift
of kindness from someone?

**Write the name of a person you
have not appreciated enough on the
'Thank You' page and thank God in
appreciation of them.**



HOLY SPIRIT

‘They saw what seemed to be tongues of fire,
that separated and came to rest on each of them.
All of them were filled with the Holy Spirit.’ (Acts 2:3-4)

Fire is a symbol of the Holy Spirit.

Sometimes in life we can feel in darkness.

**Light a candle to remind yourself that the Holy Spirit
is always with you
and will be a light in dark times.**

GIFTS OF THE SPIRIT

‘There are different kinds of gifts, but the same Spirit.’ (1 Cor 12:4)

In our lives we receive many gifts
But what are our inner gifts?
What inner talents do we have?

What are the gifts that make you **YOU**?

**Write these gifts down on a piece of paper,
Fold it up and place it in the gift box.**

**As you do this, thank God
for the gifts he has given you
and for making you **YOU**.**

TRUST IN GOD

When we are young, we trust what our parents tell us and accept the choices they make for us.

When we grow older we use our own reason to make our own decisions, but we don't lose trust in the wisdom of our parents.

Think about your faith.

No matter where you are on your faith journey at the moment God will never leave your side. Christ said 'Know that I am with you always, even to the end of time.' (Mt 28:20).

Spend a few minutes reading this prayer:

Father increase the little faith that I have.

In moments of trials, sustain my faith.

In times of difficulty help me to see your will.

In everything that I do, stay by me to give me the help I need.

AMEN.

Come to me...and I will give you rest.

‘Come to me all you who labour and are overburdened and I will give you rest.’(Mat 11:28)

Sometimes we can feel weighed down by worries, stresses or problems.

But Jesus promises that he will make our burdens light and give us rest.

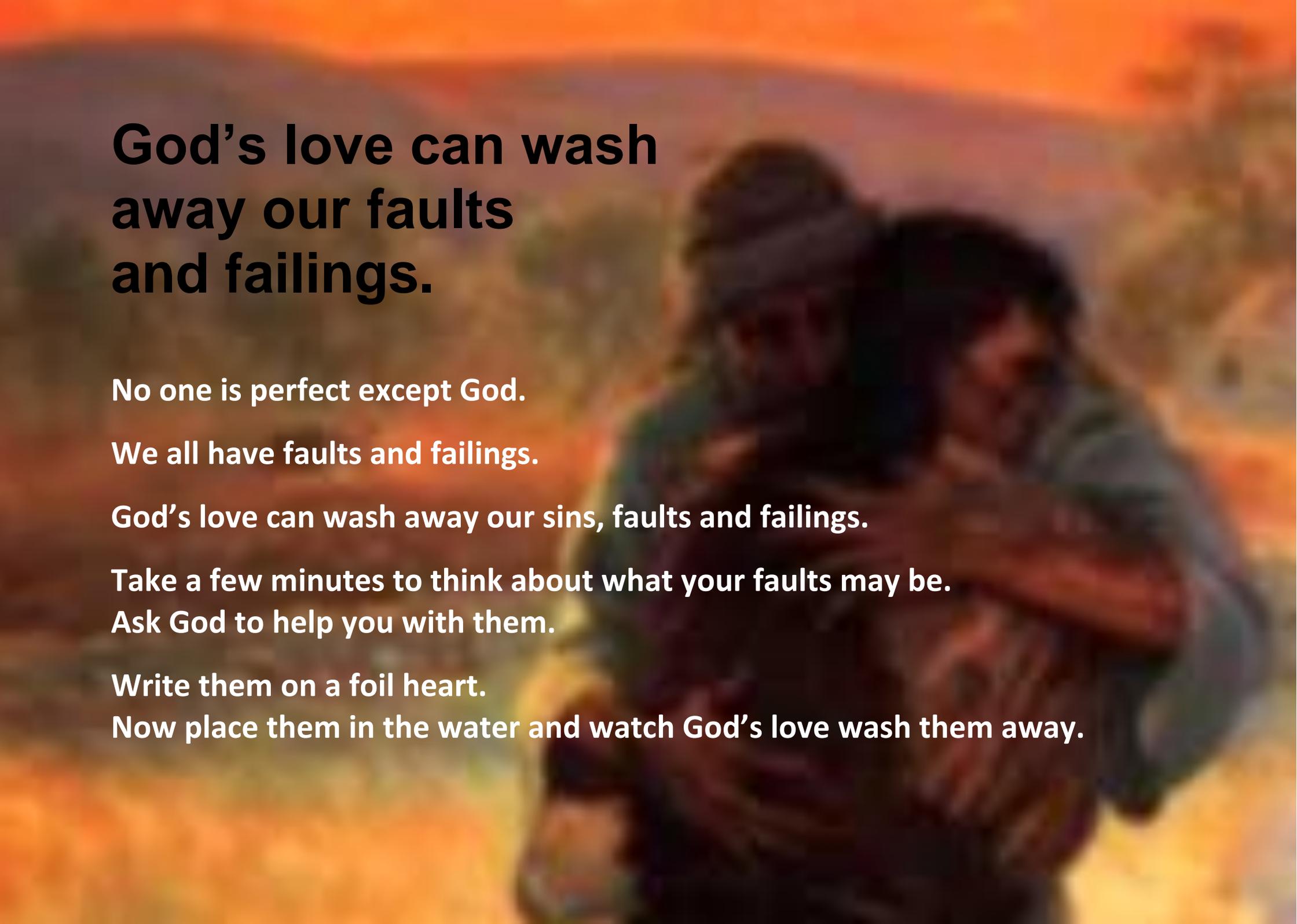
Choose a stone and hold it in your hand.

Tell God about your worries or problems.

Make the stone a symbol of whatever weighs you down.

Now place the stone at the foot of the cross as a sign that you are handing your burdens over to God

.....and now rest in his love for a while.



God's love can wash away our faults and failings.

No one is perfect except God.

We all have faults and failings.

God's love can wash away our sins, faults and failings.

**Take a few minutes to think about what your faults may be.
Ask God to help you with them.**

Write them on a foil heart.

Now place them in the water and watch God's love wash them away.

God waits for his children to return to Him.

‘While he was still at a distance, his father saw him and felt sorry for him. He ran to his son, put his arms around him, and kissed him.’ (Luke 15)

Spend a few minutes thinking whether
you have turned your back on God recently.

Have you pushed him out of your life?

Have you forgotten to spend time talking to him?

God, our Father is always waiting to welcome us back.

Imagine that you turn back to Him and he greets you with a loving hug.

Say a prayer and tell Him that you will try to

stay closer to him from now on.

Forgiveness

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity". (Colossians 3: 12-14)

As we look into our hearts, there are times when we need to be forgiven and God forgives us. There are times when we need to forgive. God gives us the strength to forgive.

Is there something you wish to bring to God to ask forgiveness?

Write or draw it in the sand with your finger and ask God for forgiveness.

Then pass your hand across the sand, obliterating the words or images as a symbol of receiving God's forgiveness.

Is there something or someone you should forgive? Write or draw it in the sand. Ask God for the strength to forgive. Smooth the sand again.

God's Love

"For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. " (Romans 8:38-39)

Look in the mirror.

Examine the reflection that stares back at you.

Mediate on God's abundant love for you. He made you as you are.

He loves you for what and who you are.

Give thanks to God for the amazing creation that is you.

Take a glass stone and keep it to remind you how much God loves you.

Light of the World

Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." (John 8:12)

Jesus can be your light when all around seems dark and difficult.

Take a candle and light it from the large candle. Hold it for a moment and thank God for sending his son to light your way.

Now place your light in the sand as a sign of your willingness to follow Jesus and be a light in the world for others.

Distractions

Sometimes it is easy to be distracted from the things we should be doing: like homework, helping at home, spending time with people who need our friendship and from talking to God.

Reflect on your life.

What are the distractions that keep you from what you should be doing?..... TV?

Gossip?

Xbox?

Facebook ?

Playstation?

Write your worst distraction on a piece of paper, put it in the shoebox and replace the lid.

Pray that God will help you to allocate your time well.

Ask him to help you to spend time with Him each day.

Community

*“For where two or three are gathered in my name,
there am I among them.”* (Matthew 18:20)

No one is perfect except God.

We are all human. We all have our faults and weaknesses.

We all have gifts and strengths. God loves each one of us.

Together we make up the Body of Christ, and He is present with us.

Write your name on a strip of paper and then staple it to join the paper chain as a sign of your appreciation for the people you are spending today with.