

Awe

God made everything.

God made us.

God is everywhere.

God is good.

God is love.

God is awesome.

To pray is to be in awe of God.

We also call this kind of prayer

adoration

or

praise.

This kind of prayer is not just
thanking God for what God **does**.

This being in awe of who God **is**.

God is much more than we can imagine.

We can't see God,
but we can see what God has done
and look beyond it and go "wow!"
not just at what we see or hear
not just at touch or taste or smell
but "wow"
at the God
who made it possible.

Here are images of the universe God has made
taken by the Hubble Space Telescope
Let them draw you into a silent prayer
in awe of the God who made galaxies.

Help

We often want to ask God to help
- to help others or to help us

We can't make God help
but we can trust
that God is there for us

We can't make God fix things
but we can trust
that God wants the best for us

We can't make God stop wrongs
but we can trust
that God is with us no matter what

We can believe that God
helps us and helps our world

Who needs God's help now?

Take a moment to be still
and listen with your heart
Listen to God
Listen to our world
Listen to yourself

Light a candle in prayer for someone
It might be for someone else
or it might be for you

Let it float on the water
Let it float in trust
Let it float in hope
Let it float in God's love

Thanks

Have you heard the word “abundant”?

It means LOTS!

God is the giver of EVERY good thing in our lives
and in our world, and in the universe

So there is LOTS to thank God for
every day, every minute

To live every day with gratitude
for God’s goodness
is to live a prayer of thanks.

What are the good things
that you are thankful for?

Look at the cards and choose one or two
that show things your are thankful for.
Tell someone what you are thankful for
and why and how you feel about it

Say it aloud in a simple sentence prayer:
“Thank you God for.....”

I wonder when you could say a prayer of thanks
during the week....

- before a meal
- before bedtime
- early in the morning
- whenever you see or hear or touch or taste or smell something wonderful

Take one of the pieces of shell with you.
Let it’s beauty be a reminder to say thanks to God.
Place it somewhere
so that when you see it
you are reminded to say “thanks” to God.

Sorry

Sometimes we mess up.
We say or do the wrong thing
or we don't do the good that we should.
We hurt those around us
or we hurt ourselves.

We may feel ashamed
guilty, embarrassed
disappointed, scared
sorry.

God feels sad too.
God wants to set things right.
God wants to surround us with love.

We can say "sorry" to God
and ask God to forgive us
and the best part is that God does!

God says "I forgive you."
God says "Don't live with shame."
God says "Live in my love."

We also need to say sorry to those we have hurt
and ask their forgiveness

Is there something for which you feel sorry at this time?
How does it make you feel?
Do you wish to say "sorry" to God?

Take a piece of charcoal and write a word or draw on the canvas.
Now look at your hands.
God's love washes us clean from our wrongs.
Wash your hands in the bowl.
Say to someone "We are forgiven."