

Letting Go.../ Leave it in Gods Hands

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7

When your heart starts to worry and your mind just cant rest, put your thoughts down on paper and let God do the rest. It is okay to feel worried about things. Writing down your thoughts and prayers can really help. They can help if you are not sure how to pray or what to say. You can just write it down and give this to God.

Draw around your hand print and think about anything you would like to give to God and put it in his hands.

You may want to talk with a friend or an adult about your worries as well. Sometimes that can help.

The Bible says, "Give all your worries to God, because he cares for you." If you want to, you can do this.

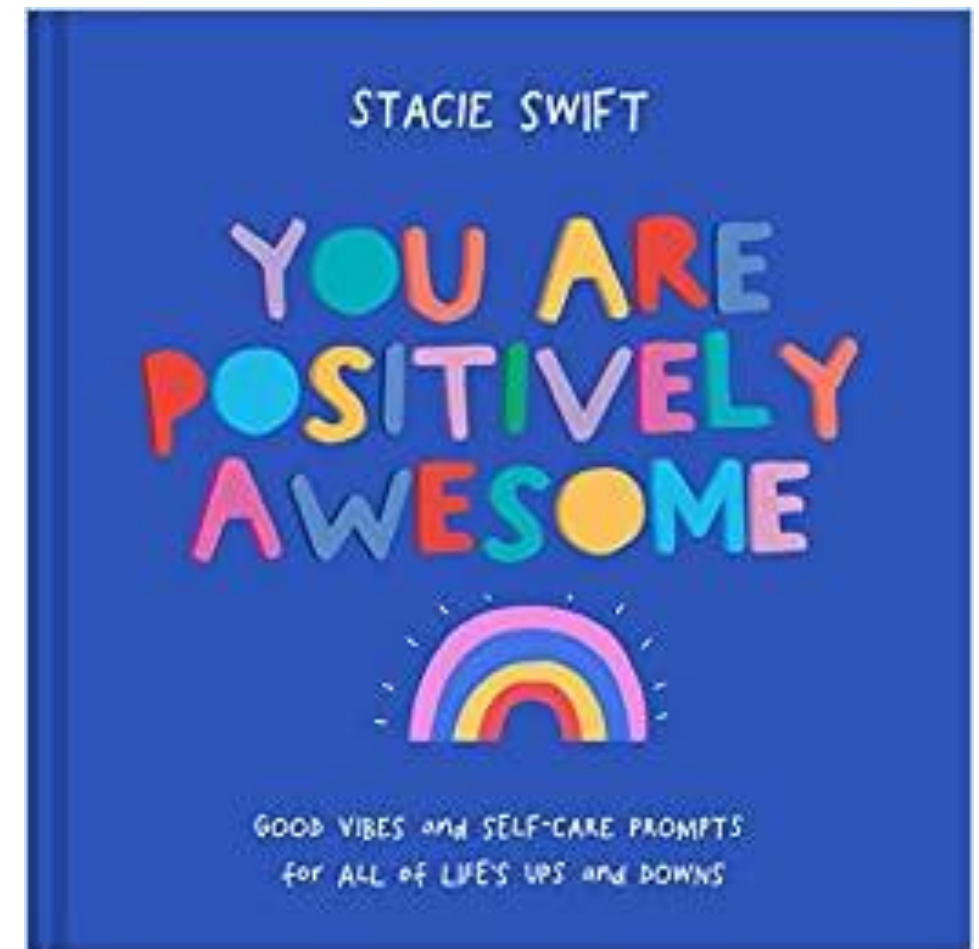


Words of Encouragement

Sometimes we need to be ENCOURAGED. People can give us COURAGE with their words.

On the Whiteboard you will see the word Encouragement. Underneath think of a word you want to use to help encourage someone else in class. It might be to encourage them for next week for your SATS or just a word to help them.

Take a picture once everyone has wrote a word and use this to remind you to keep going and that no matter what God is always with you and everyone here is here to support and encourage you at Hope.



The Lord is my Rock....

'The Lord is my Rock' Psalm 18

'The Lord is my rock, and my safe place, and the One Who takes me out of trouble. My God is my rock, in whom I am safe. He is my safe-covering, my saving strength, and my strong tower.'

Prayer Activity :-

Gather a selection of pebbles and write words of inspiration on them, such as: peace, hope, grace, strength, love, peace, light, wisdom, compassion, kindness, faith.

Invite the children to take a pebble with a word that seems meaningful for them at that time, inviting them to sit holding the stone and write down if they would like to the word they chose and why?

If you would like to add a word to the pebbles for the next group please write on a pebble an encouraging word for them to hold on to.



Box of Blessings

I can do all this through him who gives me strength. - Philippians 4:13

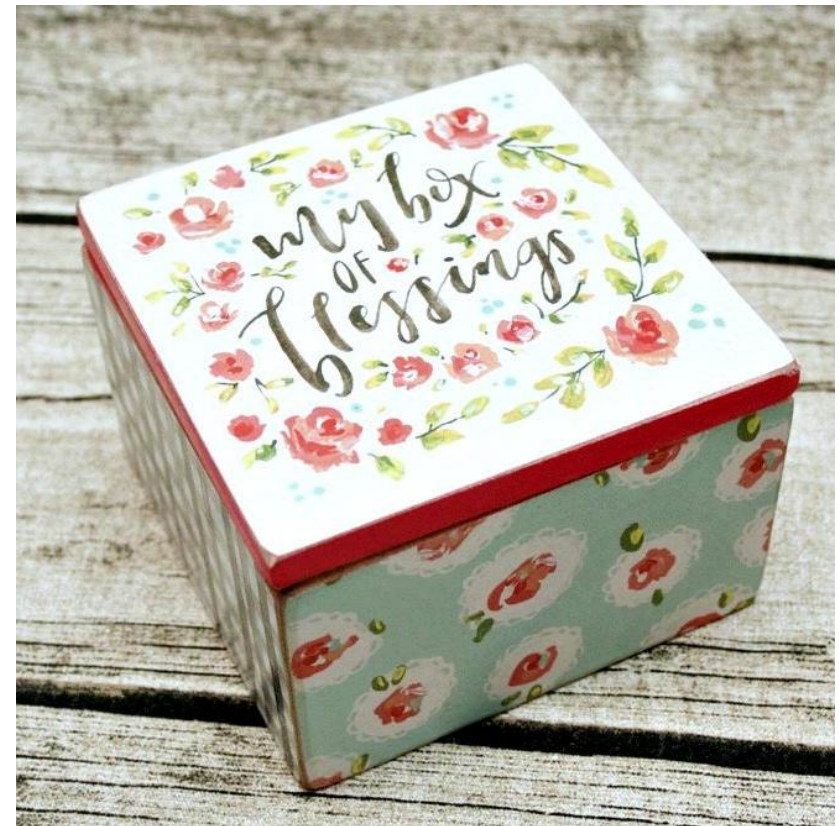
Think about all the things you have achieved?

Think about all the good gifts you have?

Think about all of the good things that make who you are?

God made us all unique and all different and all have gifts we can share.

Write down some of these that you are thankful for.
It might be someone who has helped you that you want to say thank you for. It might be a memory, it might be something that has made you smile, it might be something you are grateful for.



Please Prayers

Sometimes our worries can seem huge and overwhelming, but God tells us to give our problems and concerns over to him....

“Cast all your cares upon Him because he cares for you.” 1 Peter 5:7

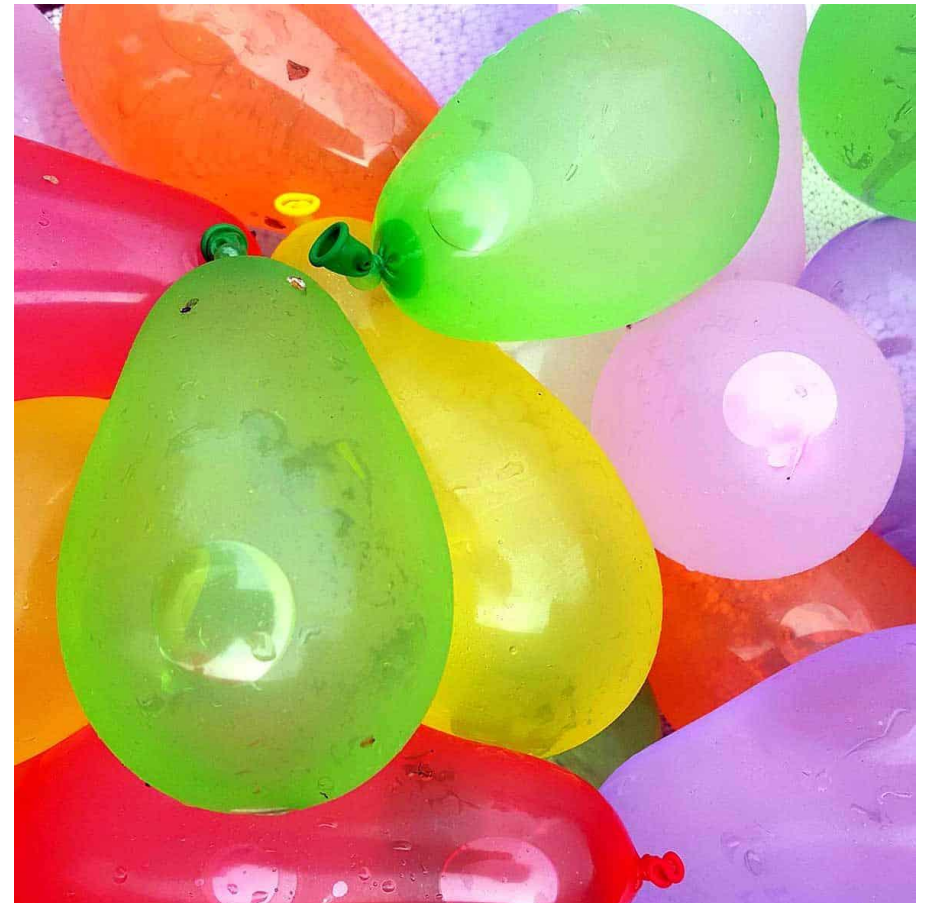
Invite the children to think of a worry or concern they have around SATS. Share a few ideas together.

Give everyone a balloon and ask the children to blow them up but not tie them.

Ask the children to say a one line prayer out loud or quietly- if they don't have any concerns ask them to pray for somebody else who shared their idea.

Tell the children when we give our worries to God, we can let go of them and they become smaller.

Let the children let go of their balloon and let it whizz around the room getting smaller and smaller.



Prayer Spaces Gift Bag



On your Heart...

Give thanks to the God of heaven. His love continues forever. Psalm 136:26

We sometimes say that a person 'is on my heart'. This is an opportunity to think about what is on your heart.

On one side of the heart you will see the name Jesus.

God never stops loving us....

On the other side write down your name and maybe a word or someone else's name on your heart too.

You could write a prayer to God or just the word Help or Worry or Thank you.

Hold this in your hand and know that God never stops loving you... he will always be with you wherever you go...

You could keep your hearts in your school bag to remind you of God's love when you rummage in your bag during this term.



Hope Anchors the Soul...

In the bible in Hebrews, it says that we find hope when we come close to God with what we need. A hope which is secure and an anchor of the soul with a god who is always with us.

Hope is a place where you have been and has been an anchor for you in your lives. A place which has always been there for you and always will be.

Hold this in your hand and know that with God you will always have Hope and he will always be with you wherever you go...

Hope will always be there for you and thinking of you as you take the next step in your journey! Keep this Anchor as a memory of your time at Hope and how Hope has helped you!



Holding Cross

The Cross reminds us of Jesus love for us.

The Cross helps remind us of God's Love and our love for one another.

Beautiful olive wood holding crosses and token crosses to fit inside your pocket or to hold. They are the perfect size to carry with you to bring you comfort wherever you go. Also known as a comfort cross. These little pocket crosses are a great way to remind you of the blessings in your life.

God knows we all need help...lots of it! Jesus teaches us to pray, "Give us this day our daily bread." God wants us to ask for our own needs and those of others.

"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God."
– Philippians 4:6.



God is right beside you...

Wherever you go...

I know the Lord is always with me. I will not be shaken, for He is right beside me. Psalm 16:8

We all face times that can be difficult and when we'd really like to know God is with us, or even times when we are on our own and feel lonely. God is always there, but sometimes it's hard to remember that when we can't see him!

In your bag you should have a keyring with a special verse on it...
Joshua 1:9

Be Strong and Courageous, do not be afraid, for I am with you wherever you go...

You can attach this to your bag or to your pencil case or keep it somewhere on you to remind you that god is with you wherever you go...

You might prefer to put it somewhere where no-one can see or you might have it on show as a potential talking point!



Hope Anchors the Soul....

Joshua 1:9

**Be Strong and Courageous, do
not be afraid, for I am with you
wherever you go...**

Prayer

Dear God,

As I prepare and get ready for my SATs, I thank you that my value is not measured on my performance, but on your great love for me.

Come into my heart so that we can walk through this time together.

As I take my SATs, bring back to my mind everything I have learnt. Help me to remain focussed and calm, confident in the facts and in my ability, and firm in the knowledge that no matter what happens you are there with me.

Amen.