

LIVING WISELY

WEEK 2 | CHILDREN

SESSION 2

Here is a prayer activity for you to try based off this week's theme 'living well'.

PRAY:

Take some time to write down some things you are worrying or concerned about.

Sit somewhere quiet and slow your breathing. Breathe out for 10, and then each time you breathe back in, tell God one of the things you've written down.

Use this as a prayer:

Jesus says:

"Are you tired? Worn out?... Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me-watch how I do it...keep company with me and you'll learn to live freely and lightly."

Matthew 11: 28-30 (MSG)

Use this method of breathing and praying to help calm you if you feel panicked or if you get stressed.