

This week you might like to try this prayer and reflective activity.

## Worries and Thanks



The worksheet is set against a background of vertical wooden planks. At the top, two pieces of paper are pinned. The left one says "Write down three things that you want to say thank you for." and the right one says "Write down three things that you are worried about." A black arrow points from the left paper to the right, and a blue arrow points from the right paper to the left. Below these is a central piece of paper with the text: "Read this verse from 1 Peter 5:7 'Leave all your worries with him, because he cares for you.'" A red arrow points from the left towards this verse, and a blue arrow points from the right towards it. Below the verse is a large yellow rectangular area containing a prayer template: "Add your thank-yous and worries into this prayer. Dear God, Thank you for \_\_\_\_\_. Thank you for caring for me. Today, I put these worries in your hands: \_\_\_\_\_. I give these to you now and trust you to care for them, and for me. Amen". Below the prayer template is another yellow rectangular area with instructions: "Put your 'thank you' list on your fridge to make you smile when you open it. Rip up the paper with your worries on and throw the pieces in the bin as you have given them to God to carry." To the right of the instructions is a yellow sticky note with "Smile!" written on it and a small illustration of a trash bin.

### A blessing for each other at home and at school

May you find peace, may you find hope,  
May you find joy this day.  
May you find love,  
May you find rest,  
Here in this place together.



(Fischy Music <https://www.youtube.com/watch?v=J6v-UlvMXgU>)