

At the foot of the Cross



*“Come to me all you who are tired and worn out and
I will give you rest.”*

Matthew 11:28



Do you have a lot on your mind?

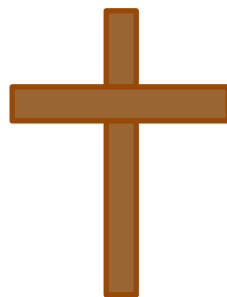
Are you tired?

Sad?

**Jesus is saying he wants us to come to him and he will
give us rest.**



If you'd like to, you can tell Jesus what's on your mind
and ask for his rest. As a symbol of your prayer,
light a candle and place it at the foot of the cross.



Forgive others



“...as we forgive those who sin against us.”

Matthew 6:12



Can you think of a time where someone has said or done something that hurt you?

Do you still feel hurt?

Is it easy to forgive?

Jesus said he wants us to *‘forgive people’* who hurt us, even if they don’t say sorry. The hurt that we carry only ends up hurting us and God wants us to be free from it.



Forgiving others is letting go of the hurt and pain you feel inside. If you’d like to let go of a hurt you’ve been carrying, pick up a stone and hold it tightly. When you’re ready, you can release the stone into the bucket of water and watch it sink as a symbol of your decision

to forgive



and let go.

Thank you



“The earth is the Lord’s and everything in it, the world and all who live in it.” *Psalm 24:1*



Think of all the wonderful things in creation.
Can you even imagine what heaven might be like!
What are you especially thankful for in this world?

King David often wrote songs of thanks to God including this one, ‘The heavens declare the glory of God and the skies announce what his hands have made. Day after day they tell the story and night after night they tell it again.’ **Psalm 19:1**



Would you like to write a prayer, poem or song of thanks for something or someone? You can then attach your scroll to the prayer wall.



Saying Sorry



"...forgive us our sins..."

Luke 11:4



Take a moment to think...

Is there anything you'd like to say sorry for?

God promises to forgive us for everything we do wrong. He doesn't want sin, (wrong things), to separate us from him.



If you'd like to, you can write a prayer on the chalkboard to say sorry to God and ask for his forgiveness. You can then rub it out and remember that God forgives and forgets, just like it's rubbed out.

I AM FORGIVEN

As far as the east is from the west so
far has He removed my sins from me.

Psalms 103:12

Set up for Prayerspace Activities

You will need;

- Explanation sheet printed out (for all stations you wish to set up)
- Some fairy lights (optional)

★(For 'At the Foot of the Cross')

- Upright Cross, (can be made from paper, card, wood or similar)
- Battery operated candle
- Plate or mirror to put candle on

★ (Forgive Others)

- A small bucket or similar
- 6 pebbles/stones
- Dish for stones
- Water for bucket
- Waterproof mat

★ (Thank you)

- Rectangle pieces of plain paper
- Pens
- String
- Display board created to look like a wall, (can be made out of card and paper)
- Blu tack/glue dots or glue for attaching scroll to display

★ (Saying sorry)

- Black board/white board or a Magna Doodle
- Chalk/white board pens or Magna Doodle pen
- Rubber

Set up photos

At the Foot of the Cross



Forgive Others



Sorry



Thank You

