

Asking God for..... Using stars

(Session to be adapted depending on the Year group)

Remind the children that this is their quiet time with God and that they do not have to share any thoughts or ideas with anyone other than God.

Reflection

Light a candle to show that Jesus is with us.

Play calming music.

Read through the vision statement with the children and discuss.

Share our 'vision song'.

Main Activity

- Talk about our aims for the year. What would we like God to help us with? What do we find a challenge?
- Think of what you want or feel you need to be the person that God wants you to be.....
- Give the pupils a folded paper star.
- Open the folded star and ask them to write their request in the centre.
- Re-fold the star and then put the star in the water and watch it open.
- Think about how we have to open up to God to receive His gifts.

In the prayer journals draw or use words.....

This made me think of..... I felt.....