

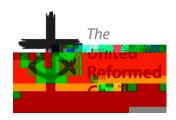
The Story: John 20 Verses 24-29 (from The

Thomas (called Didymus) was not with the followers when Jesus came. Thomas was 1 of the 12.

s. And I will not

A week later the followers were in the house again. Thomas was with them. The doors were locked, but Jesus came in and stood among them. He said, to Thomas,

t seein



Oose your eyes and relax.... Listen to your breathing.... you inhale, breathe in all the love God has for you....

. As

As you exhale, feel all your distractions leave . any aches and pains . any worries . any distractions at all.

Try to feel your heart beating . the heart God created for you....

Now picture, right before you, a large door, standing all alone....

Go to the door, push it open, and walk through....

You are in your favourite place. Where are you, I wonder? Perhaps a beach or a meadow or a playground. What do you see as you look around? What can you hear? What can you smell? What do you like to do here?

You are here alone today. But you look up and you see someone coming towards you. Can you! see: whith the introduction of the special see: the second of the

It is Jesus. He is waving and shouting hello as he gets doser.

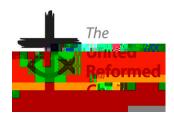
Do you recognize him? His face, his clothes, his walk, his voice.

. He asks if he can join you for a while.

You sit together, you talk together . You tell him things that are on your mind.

You might be sitting on a bench; you might be walking with Jesus.

Being with Jesus is good. S1g-3(y)-2(o)3(u)4()4(e)-5(w)eW*nBT/F2 12 Tf1 0 092 rece. Whreioing wget.024 4



Pray Together

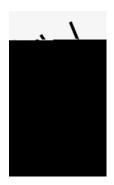
Stand, Listen and See Prayers



Sometimes we have to be like Thomas was in the story today, we need to stop, listen, and see. Find yourself a quiet place inside or safely outside, take a deep breath in, and a deep breath out.

Stand-stand still, close your eyes, and think of all those times you are busy, w

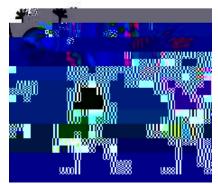
important when our minds are full. Stand quietly, thanking God for always being dose to you.



Listen- what do you hear? If outside, you may hear a car or aeroplane, a dog barking or people talking. If you are inside, maybe you can hear a dock ticking, someone in another room. Wherever we are, God is there- always ready to listen to our prayers.

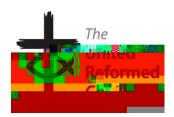
See- gently open your eyes look at what you can see. Often, we take those things we see every day for granted, so look at them again and be thankful for all we have.





As you stand, listen, and see - thank God for all he does for us, everyday!

Amen.



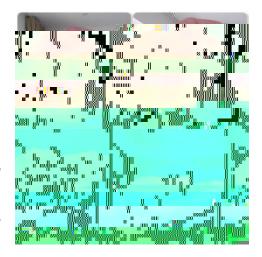
Pray Together

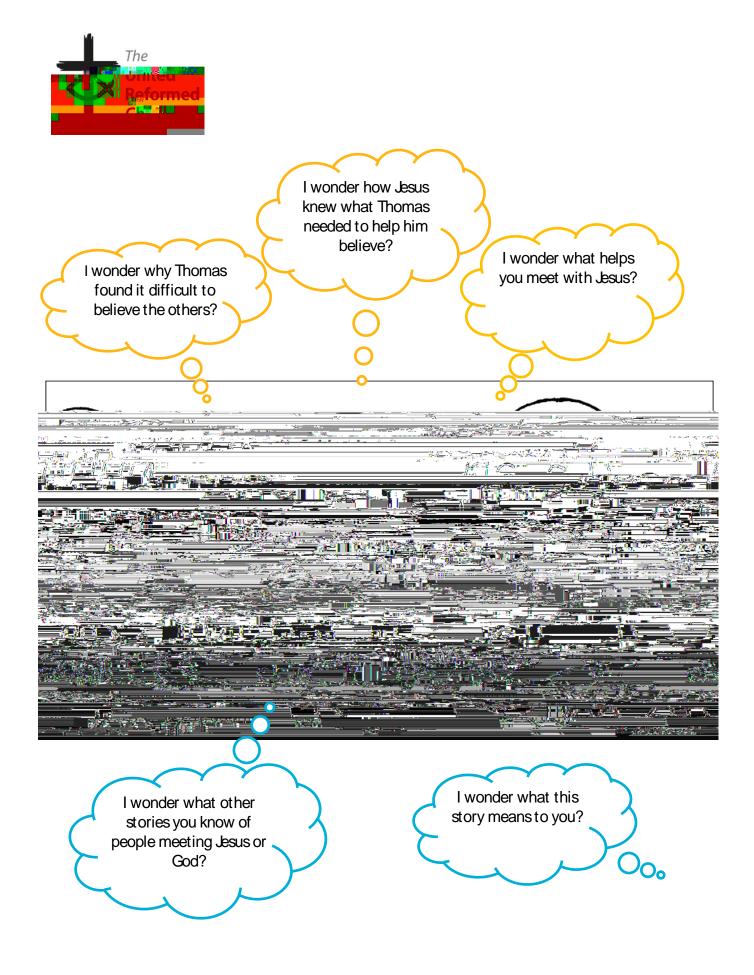
Praying Hands

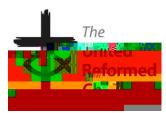
us to pray.

Start with one hand made into ball. Think about all the things that worry you or make you feel anxious. Now wrap your other hand around it, asking God to protect you and help you.

Sowly unfold your hands and join them to make praying hands. Think about all the people and places you want to pray for and ask God to fill those people and places with love and peace. When you are ready, slowly open your hands until they are flat with your palms facing upwards. With your open hands, give all your prayers to God and then when you are ready say Amen.

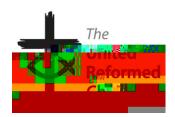








To Do Together





I spy Bottles

You will need: Empty bottles or jars

Some small objects Some sand or salt

What you do:

Place to sand or salt into a bottle or jar, together with some small objects. Remember to leave a bit of space
Fasten the lid on firmly.

Shake up the bottle and play I spy, trying to guess the objects by finding them and guessing what they are by the little bit that you can see.

Sometimes we need to see what a thing is before we believe it is



Our Walking the Way Challenge this time is

say that we can see him in other people. I wonder if people see Jesus in us too? This week, think about what characteristics of Jesus we might see in others and then be on the look-out. Do you see people behaving like Jesus might behave or saying things that Jesus might say?

Collect some amazing facts things you believe and make a

including something from everyone. It may be words, it may be pictures, it may be photographs. There are so many amazing things about our world, but often we rely on others telling us about them. At the bottom of the page, add the amazing truth that Jesus is alive and wants to meet with us.