# Please

## Give all your worries to him, because he cares for you. 1 Peter 5:7

This is an opportunity for us to pray for individuals who need God’s care and love at this time. This may include family members or friends who are ill, or who are a long way away.

 

**Equipment:**

* Tear droplet
* Pens/pencils
* Tablecloth/mat/piece of paper

**Instructions:**

* Place the tablecloth/mat/piece of paper on the centre of the table.
* Place the tear droplets around the centre piece.
* Place the pens/pencils on the edge of the table.

**Reflection:**

Talk as a family about the people that you are worried about. They may be people who are ill at the moment or people you are not able to see at the moment. Share your worries. Listen to each other as you talk together.

**Time to be still and quiet:**

In the silence of your own home, choose one person to think about. Take a tear droplet and write their name on it.

**Put your tear droplet on your table cloth/mat/piece of paper. As you do this, I invite you to pray this prayer: God, be with (the name of the person on your tear droplet) this day. May they know your love and the love of their family and friends at this difficult time. Amen**

 

 

 