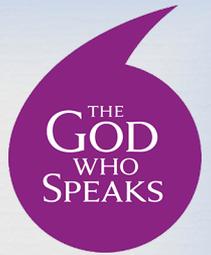




# Sacred Space

30th March to 3rd April

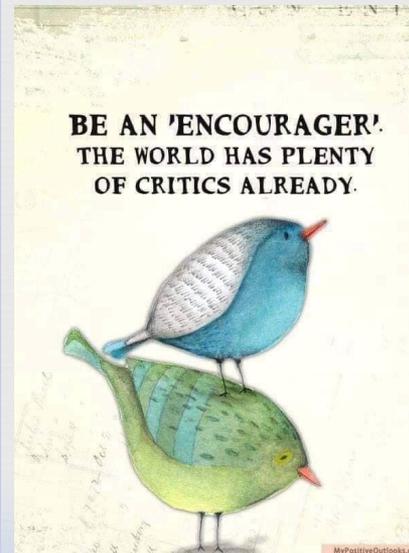
# Mindful Monday



At the start of the week, we begin with a sense of knowing where we are and where we want to be.

" And I shall put my spirit in you, and you will live," Ezekiel 37

Ezekiel is an imaginative prophet. He describes the many ways that people can fail and feel lost. But then he always adds – but don't worry about that because God will be with you, inspiring you, and giving you hope. God cares about you.



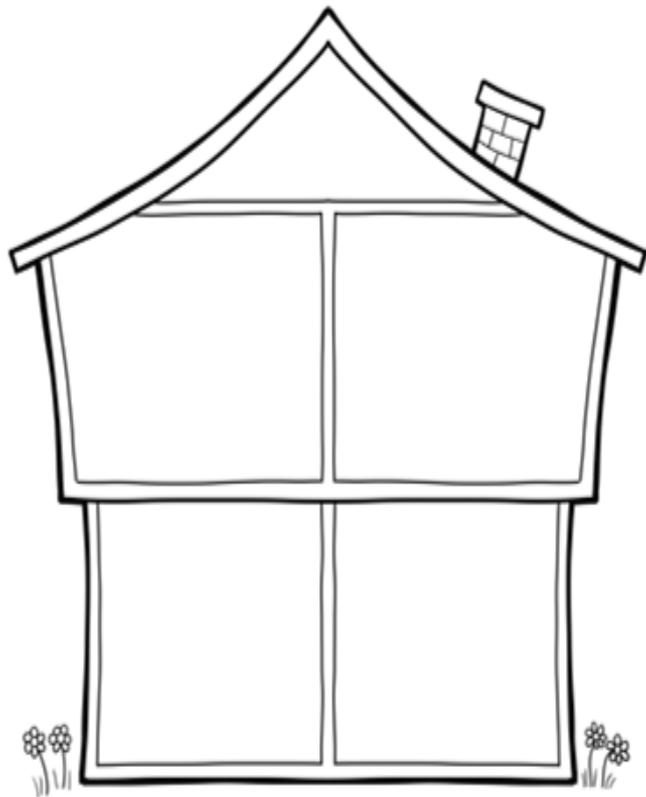
*Loving God, May everything I aspire to begin with your inspiration.*

*May everything you inspire in me be a reflection of your goodness.  
Amen*

theme:  
**AMBITION**

## HOPES AND DREAMS

Design your dream house below



We all have hopes and dreams for the future. Some of them are 'if only' dreams and some are more realistic. It's good to dream big about the things you want for your future!

## BIBLE BIT

"TAKE DELIGHT IN THE LORD AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART"

PSALM 37:4

Christians believe that when our joy is in God and in His plans for us, He will satisfy our deepest desires, because they are aligned with His.

If a genie could grant one wish for your future, what would it be?



Write or draw 3 things you hope to achieve in life:

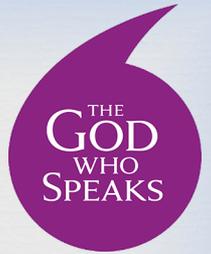
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Is there anything stopping you from achieving these things?



Tell God about your hopes and fears about the future.  
Ask God what His plans are for your life.

# Thankful Tuesday



“Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you.” Roman 8

St Paul reminds the Romans that, having chosen God, they have God with them in all they do.

## All sons and daughters

*Loving God*

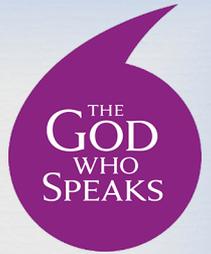
*Thank you for all that I have and have not noticed. Thank you for the thoughtfulness of others. Help me to appreciate those who bring goodness into my life. Remind me to take nothing for granted. Amen*

We often think about what we want.  
We rarely think about what we already have.  
We are surrounded by good fortune.  
Take a moment to count your blessings.

**ALSO HIGHLY CONTAGIOUS IS -  
Kindness, Patience, Love, Enthusiasm,  
and a Positive Attitude**

**Don't wait to catch it from others  
Be the Carrier**

# Wonder Wednesday



Midweek can seem mundane – nothing special.

‘In the middle’ can leave you neither here or there.

It’s good to take a moment and pay attention to the small but important something that may be in front of our eyes.

*Loving God Help me to see real wonder; in creation, in the world around us and in our relationships.*

*Help me to appreciate those who bring goodness into my life. Remind me to take nothing for granted.*

*Amen*

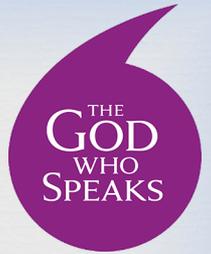
Wonder at [The National Gallery](#)

‘Are there not twelve hours in the day? A man can walk in the daytime without stumbling because he has the light of this world to see by; but if he walks at night he stumbles, because there is no light to guide him.’ John 11

John’s Gospel can be read in a number of ways and Jesus is certainly speaking about himself as the Light of the World. But perhaps its also a reminder that although we may think ourselves people of action sometimes the best thing to do is to wait until the time is right.

[Draw an amazing Maze](#)

# Thoughtful Thursday



Oh, Thursday already. Where does the time go? Maybe time to focus on how we are doing? Anything that needs to change?

**Do something today that your future self will thank you for**

*Loving God - Help me to know that my paths are not set in stone. Every day is a new opportunity to make a difference. Give me courage to do that bit more. To be challenged by your love for me. Amen*

'Father, I thank you for hearing my prayer. I knew indeed that you always hear me, but I speak for the sake of all these who stand round me, so that they may believe it was you who sent me.' John 11

Jesus teaches us not to think we have to do difficult things by ourselves. He always includes his Father in his life. He doesn't have to be strong on his own. We can ask God for help in everything we do.

[Listen - Good, Good Father](#)

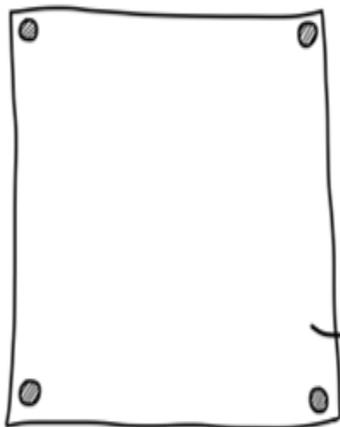
theme:  
AMBITION

## MY GIFTS

Everyone is gifted in different ways. It's good to reflect on what you are good at and what you'd like to improve.

Draw or write answers for each of the categories below.

THINGS I'M GOOD AT



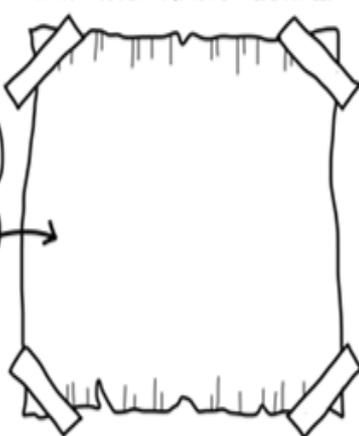
WAYS I USE MY GIFTS



THINGS I'D LIKE TO BE BETTER AT



WAYS I COULD IMPROVE THESE SKILLS



## QUIZ: GUESS THE CELEBRITY

There are loads of people who have used their gifts and skills for good – most of them aren't famous. Try and guess which celebrity is being described below:



*An American singer who has used her own experience of mental health problems to raise awareness and start a scholarship programme for mental health treatment.*

WHO AM I? .....



*An English actress who has used her academic talents and public speaking skills to campaign for women's rights. She set up the 'HeForShe' program to get men involved in gender equality.*

WHO AM I? .....



*An English singer-songwriter, who has sold over 300 million records, and has used his musical talents to raise millions for HIV/AIDS charities after losing many friends to the disease.*

WHO AM I? .....



"I have come that they may have life, and have it to the full"

John 10:10

Making the most of the gifts God has given you and using them to help others is part of living 'life to the full'

How can you use your gifts to live 'life to the full' this week?

**PRAYER IDEAS:** Thank God for the gifts He has given you. Ask Him to help you use them to make a difference in the world.

# Fabulous Friday

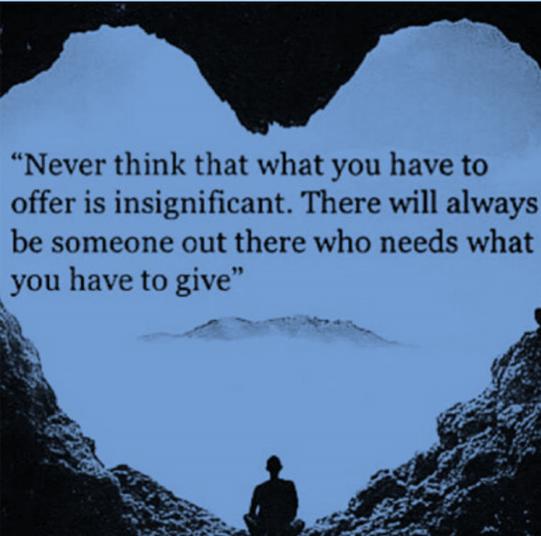


*Loving God*

*Help me to celebrate the times  
I have done my best, times  
when I have achieved and  
times when I have learnt  
from my mistakes.*

*Help me to value my  
friendships and family  
support. Amen*

There it is. Another week. How was it for you? Reflect back on your successes and your challenges. Are you beginning Friday in the best place? If not, now's the time to make it right. If so - then - *Fabulous!*



“Never think that what you have to offer is insignificant. There will always be someone out there who needs what you have to give”

The following pages are from a programme called IMPACT and looks at how we bring our faith life into action in the everyday world. No matter how small a community we are physically living in at the moment - we are still part of a greater community and we can still have an impact on the lives of others.

# IMPACT



The Gospel in your life  
Part 1 – Living in Community

# How it works ...



- ∞ Christian life is about relationship.
- ∞ How we relate to the Divine... and...
- ∞ how we relate to each other.



# How it works ...



The place to start is with your own life.

## **SEE**

Take a look at where you are, what you think.

## **JUDGE**

Hear what Christian teaching has to say.

## **ACT**

Decide if there is more you can do. And commit to doing it.

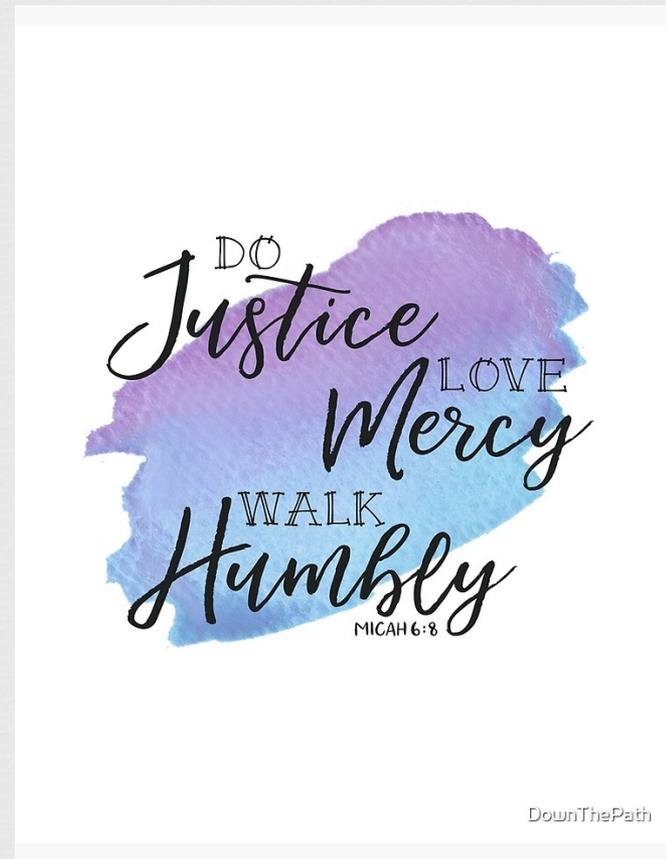
# Community - from the Bible

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Micha 6:8

*But he's already made it plain  
how to live, what to do, what  
GOD is looking for in men and  
women.*

*It's quite simple: Do what is fair  
and just to your neighbour,  
be compassionate and loyal in  
your love,  
And don't take yourself too  
seriously –  
take God seriously*



# Community - from Martin Luther King Jr



*“People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other.”*



# See



## Hands up if you ....

- ☞ Play football
- ☞ Have a brother or sister
- ☞ Have a friend living in the same road
- ☞ Use social network
- ☞ Go shopping with friends
- ☞ Play in a group or sing in a choir
- ☞ Are a member of a sports team
- ☞ Have been involved in a drama production
- ☞ Were in the same primary school as someone else in class

# See - Community



What is it like to live in these circles of community?

Is there lots of support?

Is there much tension?

How do you agree on things?

How do you deal with disagreements?

# Judge-

## Book of Acts - Chapter 2

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*And all the believers lived in wonderful harmony, holding everything in common. They sold whatever they owned and pooled their resources so that each person's need was met.*

*They followed a daily discipline of worship in the Temple followed by meals at home, every meal a celebration, exuberant and joyful, as they praised God. People in general liked what they saw.*



# Act - Community



Being part of a community has its challenges.

‘Wonderful harmony’ might be a lot to hope for....

But we can all make a positive contribution to the groups we belong to.

Take a minute to think about your role in the circles you belong to... family, friends, classmates, clubs.

Is there one thing you can do or change to make that circle more friendly, more positive, more welcoming?

Commit, to yourself, to try to do that one thing from now on.

# Prayer



Lord Jesus,  
We thank you for the people in our lives who have brought us friendship and love.  
Help us to notice those who are not as fortunate as we are.  
Help us to grow in compassion and confidence to make a difference in the world around us. Amen



ISOLATION WELLBEING DAILY TO-DO LIST:

- ESSENTIAL TASKS:  SHOWER  MEDICATION  \_\_\_\_\_
- CLEAN ONE THING/SPACE:
- TEND SOMETHING GROWING:  PLANT  CHILD  \_\_\_\_\_
- BE MINDFULLY PRESENT TO...
- A SOUND OR SONG:
- A SENSORY FEELING:
- SOMETHING YOU SEE:
- A SPIRITUAL PRACTICE:
- REACH OUT TO A HUMAN BEYOND YOUR HOME
- DO ONE THING TO GET YOUR HEART RATE UP
- & DO ONE THING YOU'LL BE GLAD YOU DID LATER

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