

# Sacred Space

13th to 19th April 2020

## Power of Kindness

Attached to your resources this week is a Power of Kindness calendar and log. It can be difficult to remember kindness at difficult times. We tend to think of what we need rather than what other people may need. We are especially likely to take others for granted so it is always a good idea to remind ourselves to be kind.

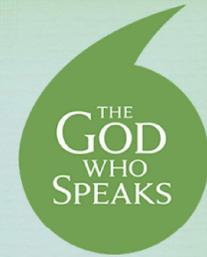
You may want to do this yourself or with your family.

If you are printing the pages from the ppt remember to choose 'current page' only.



No act of kindness,  
no matter how small  
ever goes unnoticed.

# Sunday Space



Easter is not just one day. We will celebrate Easter for the next 50 days – all the way to Pentecost on 31<sup>st</sup> May. We see Jesus' followers getting used to the idea that they have to preach the Gospel now. It won't be easy.

It is very likely that we will continue to live in unusual times just as we did during Lent. You may have seen on social media or the TV, how some people are doing lots of new things, learning new skills and being very creative. You may be doing this yourself. You may also feel that you are not up to doing new things, that you find you only have enough energy to manage the normal day. This is fine. Social media, as you know, can sometimes show an ideal that no one is really living. Do what you can each day and remember to let other people know how you are feeling

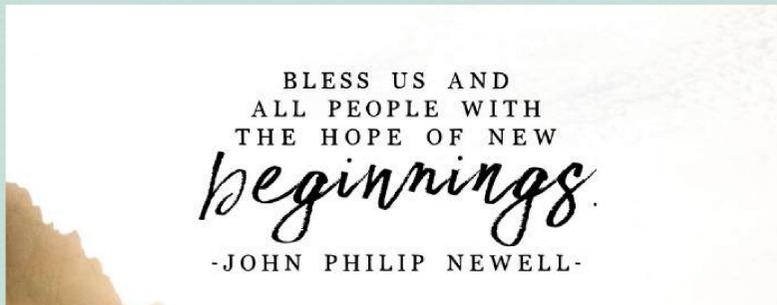
I am praying for you every day and hope that you and your family are well. If you have any prayers you would like me to say for you, please email me. God Bless, Mairie

# Mindful Monday

THE  
GOD  
WHO  
SPEAKS



At the start of the week, we begin with a sense of knowing that where we are is maybe not where we are meant to be.



*God, forgive us when we treat your generosity as our right and keep it to ourselves. Give us enough trust to live secure in your love and to share it freely with others in the confidence that your grace will never run out. Amen*

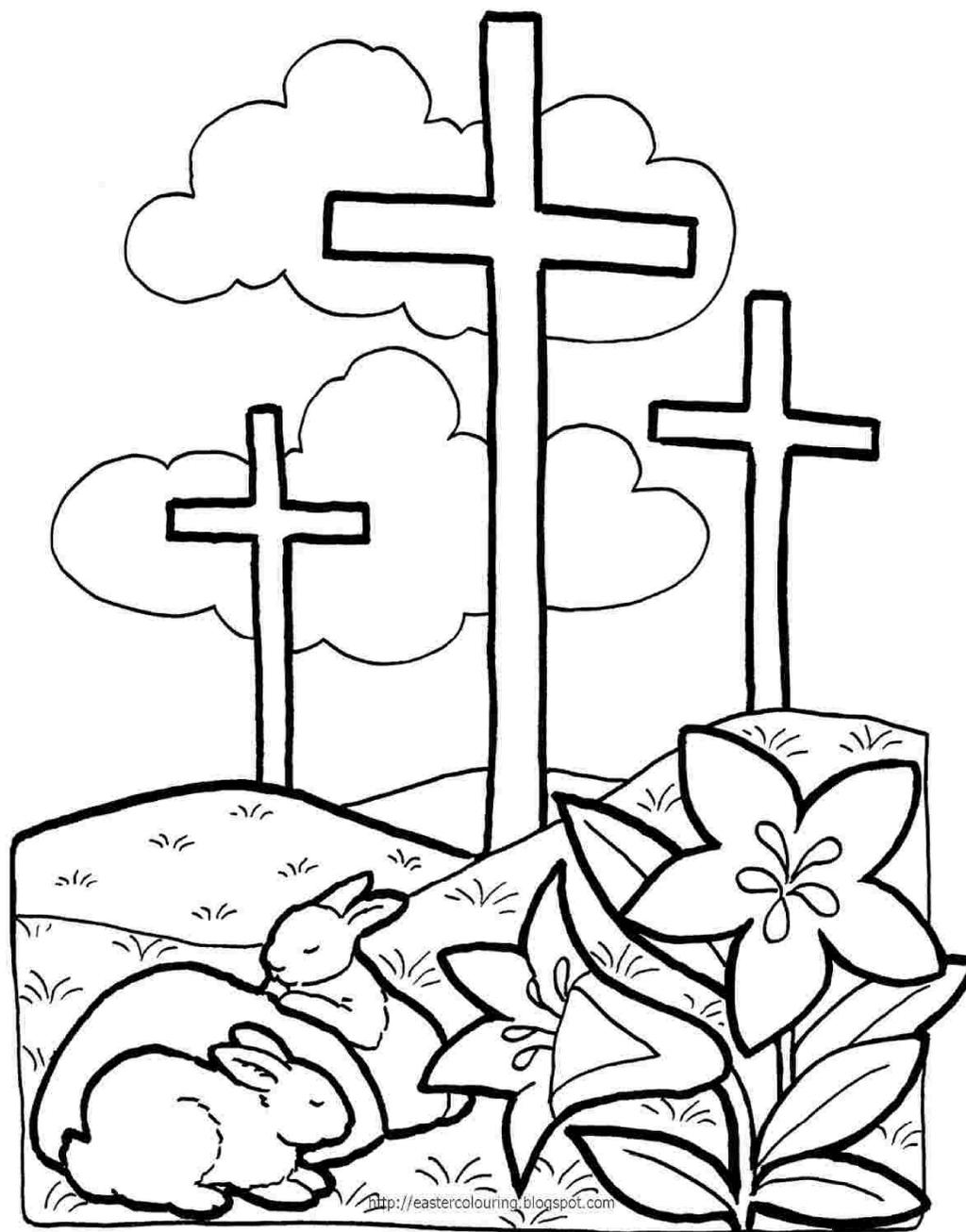
*Jan Berry*

'Filled with awe and great joy the women came quickly away from the tomb and ran to tell the disciples.

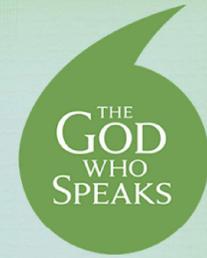
And there, coming to meet them, was Jesus. 'Greetings' he said. And the women came up to him and, falling down before him, clasped his feet. Then Jesus said to them, 'Do not be afraid; go and tell my brothers that they must leave for Galilee; they will see me there.'

Matthew 28

*How great is our God*



# Thankful Tuesday



We often think about what we want.  
Let's think about what we already  
have.

We are surrounded by good fortune.  
Take a moment to count your  
blessings.

*Lord, I wish you could give me eyes so  
large that I could see the world as you  
do.*

*Because I like looking at the world  
but sometimes I forget to notice, to  
admire, to acknowledge all that is good.*

*Amen*

Jesus said, 'Woman, why are you weeping? Who are you looking for?' Supposing him to be the gardener, she said, 'Sir, if you have taken him away, tell me where you have put him, and I will go and remove him.' Jesus said, 'Mary!' She knew him then and said to him in Hebrew, 'Rabbuni!' - which means Master. - John 20

[Mary and Jesus in the Garden](#)

[What a beautiful name](#)



# Wonder Wednesday

THE  
GOD  
WHO  
SPEAKS

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

*"I think us here to wonder, myself.  
To wonder. To ask.*

*And that in wondering 'bout the big things and asking 'bout the big things, you learn about the little ones, almost by accident. But you never know nothing more about the big things than you start out with.*

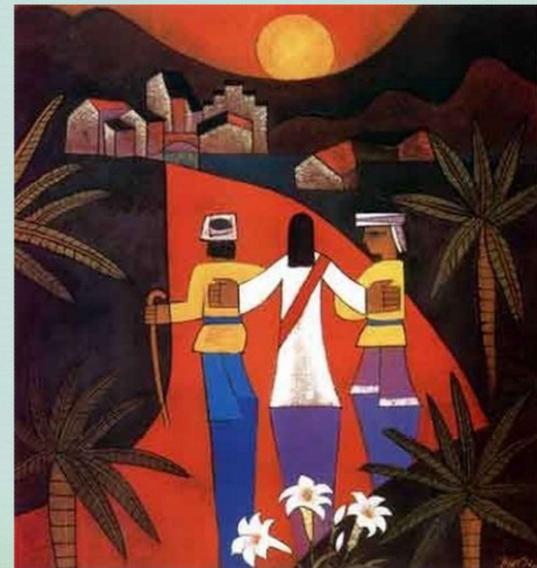
*The more I wonder, the more I love."*

— Alice Walker



'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'  
Luke 24

## The Road to Emmaus



theme:  
**AMBITION**

## CONFIDENCE

Design your own superhero outfit:



**PRAYER IDEAS**

Thank God for His power  
Ask Him to give you  
strength when you need it

What would your superhero powers be?

- 1)
- 2)
- 3)

	<p>Write or draw: ~~~~~</p> <p>← When do you feel most confident?</p> <p>When do you feel least confident? →</p>	
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### BIBLE BIT

**"I CAN DO EVERYTHING THROUGH CHRIST WHO GIVES ME STRENGTH"**

PHILIPPIANS 4:13

Christians believe that God powerfully helps us when we are faced with something we can't do in our own strength.

What areas of your life need some superhuman power at the moment?

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# Thoughtful Thursday

THE  
GOD  
WHO  
SPEAKS



Oh, Thursday already. Where does the time go? Maybe time to focus on where the week is going? Anything that needs to change?

*Lord, do not simply say that you are with us.*

*Millions do not know you, and to those of us who do, what is the difference?*

*What is the point of your presence if our lives do not change?*

*Lord, I give you permission to change my life.*

*Amen*

‘While they were still speaking about this, he stood in their midst and said to them, “Peace be with you.”’

Luke 24

Easter continues

Somewhere over the Rainbow



# Fabulous Friday

THE  
GOD  
WHO  
SPEAKS



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 – *Fantastic!*

*Loving Father,  
In all of us there is a longing  
for a life that has not yet come,  
for a world that that is free and just,  
for a dream of hope for all people.  
May your Kingdom come.  
Amen*

'Jesus revealed himself again  
to his disciples at the Sea of  
Tiberias. He revealed himself  
in this way.' John 21

*Feed my sheep*

*My Lighthouse*



*Dorothy McMahan (adapted)*

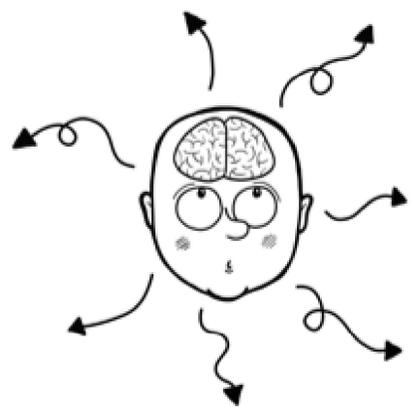
theme:  
**RESILIENCE**

## MINDFULNESS

When you've got too many tabs open on your computer, it starts to run slowly and freeze up. It can be the same with our brains. Sometimes we have lots of background thoughts running at the same time and we can feel overwhelmed.



What thoughts are filling up your mind today? Write or draw them below.



Which thoughts are positive and/or necessary?

Which thoughts are negative and/or unnecessary?

Draw or write some things you could do when your brain feels overwhelmed with thoughts:

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### BIBLE BIT

PRaise BE TO THE LORD, TO GOD OUR SAVIOUR, WHO DAILY BEARS OUR BURDENS.  
PSALM 68:19



Tell God the thoughts going through your mind, both good and bad. The Bible says He bears our burdens for us so that we don't have to. Ask God for peace in your mind.

# Simply Saturday

THE  
GOD  
WHO  
SPEAKS



*We pray today for all those  
affected by the Pandemic.  
And add our own intentions  
to the prayers of the world.*



## PRAYER FOR CORONAVIRUS OUTBREAK

Keep us, good Lord,  
under the shadow of your mercy,  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from  
your love  
in Christ Jesus our Lord.