



Background

- Put a spin on the idea of how heavy our burdens can feel by using something 'heavy' as a reminder to pray and ask for Jesus' help!

You will need

- rocks (large enough for the children to write or paint on)
- coloured sharpies OR paint
- N.B. If you use dark rocks you would be best to offer white/gold/silver sharpies or paint. If you have light rocks then darker sharpies or paint would work best.
- Option: Depending on your circumstances, you could seal the children's work using a clear spray-on paint after they have finished.

Instructions

1. Allow each child to choose a rock.
2. Invite them to write or draw on the rock, something that will remind them to pray when they need Jesus' help. This can vary depending on the age and skill of the children.
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