Year C - 7th Sunday in Ordinary Time
Luke 6:27-37

Relieving Stress

Overview

Reminding the children that in those moments when they are trying to love those who have hurt them, they don't have to do it alone. They can pray to God and ask for His help to love others like He loves them.

You may want to use the prayer below or work with the children to write your own. If you have done the craft activity and made shields/emblems, these prayers can be attached to the back of their shield.

Once everyone has written out the prayer or attached it their shield, read it out together as a group. Finish with the reminder that even if they find it hard to love others they can always remember they are loved. They are loved by their friends, their families and above all they are loved by God.

Sample Prayer

In the name of the Father, the Son and the Holy Spirit.
Amen.

Dear God,
We want to love everyone, the people we like
and the people we don't.

Send us your Spirit to give us the **superpower** of loving others
in the same way, you love them.

Thank you for **all the people who love us**,
especially in the moments we may hurt them.
Help us say sorry, and try again to love one another.

In the name of the Father, the Son and the Holy Spirit.
Amen.

