

## Explore Easter, Resources for Prayer Stations

**Forgiveness:** bowl of water, stones, low table, kneeler, instructions.

**Confusion:** big questions, cardboard, sharpies, pegs, washing line.

**Sadness:** Write the name of someone you have lost on a flower and hang it onto the branches. Flowers, string, branches in a pot, table, tealights.

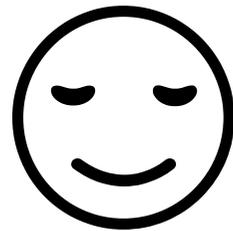
**Sorry strings:** ribbons hanging vertically from pillar, crown of thorns, sorry cards, pens, pegs, table, fairy lights.

**Hopes and dreams:** Big picture of hot air balloon, post it notes, white board, table, pens.

**Happiness and Joy:** Big picture of a tree trunk, cut out leaves, pens.

**Quiet area** to sit and think or read the story again from a Bible.

# Forgiveness



# FORGIVENESS STONES

Has someone done something to hurt or upset you?

Holding onto these feelings makes you feel worse which is why we need to forgive other people.

Take a stone in your hand and think about the person who has hurt you. Pause and pray.

When you are ready, drop the stone into the water.

As you drop the stone, ask Jesus to help you let go of the hurt and anger you feel.

To forgive them.

# Confusion



## Big Questions

Do you sometimes have big questions about God, the universe and everything? If you could ask one question, what would it be? Write it on a piece of cardboard and peg it onto the washing line.

# Sadness



## Sadness

We all feel sad when we lose someone we love. It can be difficult to process our thoughts and to remember good times. Write the name of someone you have lost on a flower and hang it onto the branches. You can light a tea-light too.

# Sorry



## Saying Sorry

We all get things wrong. We all mess up; sometimes the things we say or do, or even what we are thinking. God knows and understands and He forgives us. Use this space to say sorry. Write on one of the sorry cards and peg it up on the ribbons. You don't need to put your name on it. Pray that God will help you to say sorry.

# Hopes and Dreams



## Hopes and Dreams

Do you have hopes and dreams for the future?

Write small hopes or big dreams onto post it notes  
and put them on the hot air balloon

# **Happiness and Joy**



# Happiness

What makes you happy?

Write or draw it on a leaf and add it to the tree.

# **Quiet area for reflection**

