

Theme: Ups & Downs



This story by Dr Seuss is a wonderful reflection on how life has its ups and downs and yet it is an exciting adventure.

Biblical Reference:

Philippians 4:13


'I can do all things through Christ who strengthens me.'

Next month's book is:

Have you filled a Bucket Today?
by Carol McCloud

Inspiration ...

If you do not have this book, you could borrow it from the library or watch a re-telling of the story on YouTube.

 <https://youtu.be/D6ZeZA6wF-k>

You can unsubscribe from these emails at any time, please reply Unsubscribe.



www.cofe-worcester.org.uk

Theme exploration:

In the Bible there are many stories of people who faced obstacles but trusted that God would get them through – and God did! The Bible tells us that God has a plan for us that is better than anything we could design for ourselves.

John 14:27 "Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid." (Which is why we share the 'peace' in church).

We often think of peace as the opposite of war or violence, but in this case it means something different. It's a special kind of peace only God can give. It's God's presence in our hearts helping us to be calm and unafraid even when we are facing something challenging or scary. Just knowing we don't face life alone can be very comforting. As you travel through life and go to new places and experience new things, remember God is always with you.

Things for you to try this month:

- If you face a sad or difficult moment, write it on a piece of paper or in your phone and then rip it up or delete it as a symbol of giving that burden to God.
- When you have encouraging or happy moments, write them down or take a photo and stick it on your phone's screen or put the note in places you'll see e.g. a fridge. (These will help you to celebrate and also remind you of life's joys and pleasures given as a gift from God).
- Think of things that your family find peaceful and in times of stress use these activities to help find God's peace.
- Create a happiness jar.



We believe in the power of prayer

A prayer for you to pray for your little one(s):

Jesus, we thank You that you are always with our child/ren and that they will face nothing alone. We ask that You will help them to see the normality but also the adventure in life's amazing journey. Amen

A prayer we pray for you as parents:

Lord, we thank You that in all circumstances You are with these parents and we pray that in joyous moments they will feel Your love and in difficult times know Your strength, peace and hope. Amen.