

Catholic Parish of Guildford

*School years 7-9*

# *fusion*

*31 days of Summer*

An activity for every day in August

It's the summer holidays!

We've put together 31 things for you to do over the month of August.

There is [a calendar of all the activities](#). Print out this page and tick off each challenge as you complete it.

We'd love to see how you're getting on. Email your amazing creations to [youth@cpg.church](mailto:youth@cpg.church).

Or click on the email icon that you'll find throughout the document.



On the next few pages you'll find a prayer journal, you can print out and use. We realise some days you might be too busy to do one of the activities from this booklet but **we'd really encourage you to fill in a section of this prayer journal every day**. It will be a great way of helping you to grow in your relationship with God.

Enjoy!

# Prayer Journal

Print the following 4 pages, there is one for each week of August. Fill in one box a day over the week. You can fill them in in any order. Write, draw or doodle your answers. On the final day of the week, you can pray through your week, offering everything to God.



## Offering up your week



Choose a quiet time and space, where you won't be interrupted.

Light a candle and put on some relaxing music (if that helps you focus).

Take some deep breaths.

Slowly read through each of your entries for the week, remember how you were feeling, what you'd been doing that day. Offer all of this to God - the joy, the worries, the sadness, the fun, the boredom, the peace, however you were feeling and whatever memories you have.

You can end your prayer time by saying the our father.

# Prayer Journal

Week Beginning:  
2nd August

Who's on your  
mind?

I'm looking forward to...

I'm worried about...

Please help me  
with...

Today God, I felt your  
presence when...

I'm sorry for...

I'm thankful for...



Print

# Prayer Journal

Week Beginning:  
9th August

What are you  
thankful for?

I'm proud of...

God you are...

What is something  
you're finding  
challenging?

Who's on your mind?

What [fruit of the spirit](#)  
would you like to develop  
in your life?

Please help me...

# Prayer Journal

Week Beginning:  
16th August

Who would you  
like to pray for in  
your family?

A question I have is...

I'm sorry for...

I love...

Someone I find  
difficult to be around  
is...

Thank-you for...

I'm angry about...

# Prayer Journal

Week Beginning:  
23rd August

Which of your  
friends would you  
like to pray for?

List all the things that  
made you smile today.

Thank-you for helping me  
with...

Please watch over...

I love you God  
because...

I'm worried about...

Please show me...

# How many challenges can you complete?

1) Create a prayer space in your home	2) Pray for Family and Friends	3) Pray for our world	4) Create a Covid-19 time capsule
5) Love: How does Jesus show us to love?	6) Joy: Create a family blessings jar	7) Peace: Spend some time relaxing	8) Patience: Practise patience
FRUITS OF THE HOLY SPIRIT			
9) Kindness: Cheer someone up	10) Goodness: Think about how to follow God's law	11) Faithfulness: Remember God's promises	12) Gentleness: Be gentle to our planet
FRUITS OF THE HOLY SPIRIT			
13) Self control: Meditate	14) Pray with dotty boxes	15) Hide and seek painted rocks	16) Bake some unleavened bread
17) Organise a sports day at home	18) Have a family bake off	19) Do some odd jobs around the house	20) Make a boat that floats
RAISE MONEY FOR CAFOD CORONAVIRUS APPEAL			
21) Pray using a prayer labyrinth	22) Learn the lords prayer in sign language	23) Focus on Christ	24) Make a worry jar
25) Create your own prayer stations	26) Reflect on our unchanging God	27) Stay connected	28) Flush forgiveness
29) Bake some resurrection rolls	30) Pray with Skittles	31) Go on a prayer walk	Click on a challenge to take you to more information about it.

Print this page & tick each challenge as you go!



The smallest step  
in the right  
direction  
can turn out to be  
the biggest step  
of your Life

# Create a prayer space in your home

*We can pray anywhere and anytime and God is always listening.*

*Sometimes it can encourage us though, to have a space in our home where there is a calm prayerful atmosphere. Where we can find the things that may help us to pray and where we can put things that have pointed us to God during our day.*

## Things you could include:

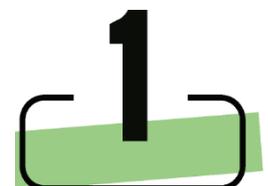
- Cushions and beanbags
- Blankets
- Candles
- A rosary
- Reminders of creation (shells, flowers, sticks)
- A basket/pot
- Fairy lights
- Pens
- A prayer journal
- A bible
- A white board



Here's [an example](#) of how someone else has made a prayer space for their sister.



We'd really love to see and share photos of your prayer space, or maybe you could make a video like the one above, showing us around.



# Pray for family and friends



Print off photos of your family and friends and stick them up around your room.

Each time you look at them say a prayer for the person in the picture.



Why not contact someone in one of your photos, to ask if there's anything that they would like prayer for at the moment and see what they reply.

In a few days, why not follow up and ask if the situation has changed and improved?

Once you've done this a few times why not get super brave and you could even offer to pray for them in person.

# Pray for our world

Spend a few moments browsing through some of the headlines.



Find a topic that draws your attention and spend a few moments reading the article

**Then ask God to show you the story that we as humanity are writing in our world through what is happening in that story.**



**Then, ask God to show you the story that he would like written in the world based on that story.** For example, how could humanity love each other more, pursue justice more, love the poor more or be more forgiving in the story that you have read.



Take some time to pray that God might use that thing that is going on, to tell His story in this world. You could pray for the people and individuals involved that they will come to know Him and start to write a different story, God's story, in that situation.

you are

enough

# Create a Covid-19 Time capsule

*We are living through a very important moment in history. It would be good to keep some memories of this time.*

*This can also be a great way to offer thanks to God for the blessings of this time and ask for his help with what you are finding difficult.*

## Things you could include:

- [All About me](#) (included)
- [My experience of Lockdown](#) (included)
- News articles
- Something about your community (what's been happening at school, church and other groups you've been involved in)
- Photos of what you've been doing to stay busy at home
- Handprints/footprints of everyone at home with you
- Descriptions of special occasions while in Lockdown (e.g. birthdays)
- A letter to yourself,
- A letter from your parents.



We're sure you've got lots more creative ideas of what to include and we'd love to see photos of what's in your time capsules.



Print

# All about me

I AM

YEARS  
OLD

I AM

CENTIMETERS  
TALL

SHOE  
SIZE

## My Favourite

Toy: \_\_\_\_\_

Colour: \_\_\_\_\_

Animal: \_\_\_\_\_

Food: \_\_\_\_\_

Movie: \_\_\_\_\_

Book: \_\_\_\_\_

Sport: \_\_\_\_\_

Place: \_\_\_\_\_

Song: \_\_\_\_\_

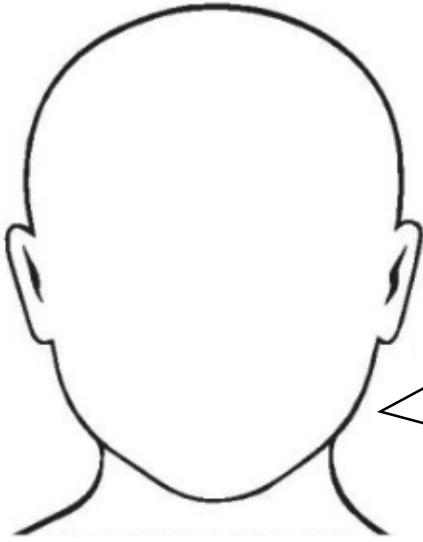
## My Best Friend/s:

\_\_\_\_\_

\_\_\_\_\_



# How was lockdown life?



Words to describe  
how I feel:

How my face looks



I am most grateful  
for:

---

---

---

---

What I have learnt  
from this experience:

---

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---

---

The 3 things I am most excited to do over the  
summer:

1

2

3

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**BELIEVE**  
*in yourself*

# The fruits of the spirit



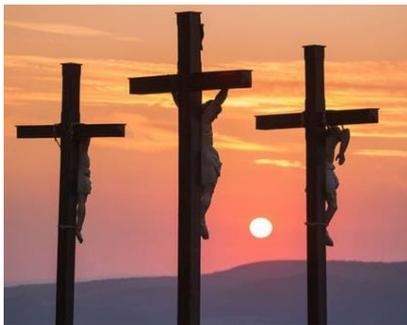
## Galatians 5: 22-23

“But what happens when we live God’s way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.”

# How does Jesus show us to love?

*Jesus constantly shows us, through his life, how we should love.*

Choose a story you know well where Jesus shows us how to love.



## Reflection time:

What does Jesus' example teach us about how and who we should love?

How can you follow Jesus' loving example?



Can you create a video of the story you have chosen and explain how it shows we should live? We'd love to see it.



He left the 99  
to find me



# Create a family blessings jar

Fruit of the spirit: Joy

Get an empty jar or box

Decorate it

Cut up strips of paper

Put a pen and the strips of paper next to the jar

Send us in a photo of your family blessings jar ready to be filled.

Each time someone in your family has something they're grateful for write it on a strip and put it in the jar.



At the end of the week, during some family time, take out all the strips of paper and read them out, thanking God for his many blessings.



# Spend some time Relaxing

"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."

**Why not make time to do something that makes you feel relaxed and peaceful?**

There are some ideas in the blue box.

Whatever you do, **begin by asking God for His peace** and, if you find it helpful, write down all your thoughts to help clear some headspace.

Then enjoy whatever it is you've chosen to help you relax.



## Relaxing ideas

- Have a bubble bath
- Listen to your favourite music playlist
- Do some colouring in
- Go for a walk by yourself, with your dog with your friends
- Light some candles or put on some relaxing lights and just lie in bed and relax!
- Paint or draw a picture
- Go in the garden and kick a football around for a bit

**WORK ON YOU, FOR YOU.**

# Practice patience

*We can help the fruits of the spirit to grow in us by practicing them.*

Look for opportunities today to practice patience.



Noticing these moments, taking the opportunities and thanking God for them, will help you to grow in patience.



## Some examples that you might notice:

- Letting everyone else go first when helping yourself to food at meal times
- Listening when someone's talking without interrupting
- Explaining yourself calmly when someone is doing something you don't like, rather than shouting
- Waiting and listening for God to answer your prayers (perhaps not in the way you expect)



Write a list of all the times you get to practice patience today and thank God for them.

# Cheer someone up



Think of someone you know who might be on their own or feeling lonely.

Come up with a creative way to send them some comfort.



Send us a photo of what you decide to do.



life is tough my darling, but ya see you

# Thinking about how to follow God's law

Read [Matthew 22:36-39](#).

We're now going to think of practical ways we can follow the two greatest commandments. Remember the smaller and simpler the idea, the more likely you are to do it.

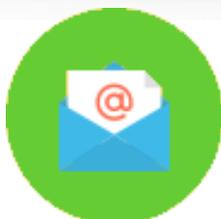
Choose 3 different colour post-it notes



On one colour write down things you can do to **love God** e.g. read 1 Psalm, write a poem about God .

On the next colour write down things you can do to **love others** e.g. donate pocket money to charity, do a litter pick on your street

On the final colour write down things you can do to **love yourself** e.g. go for a run, drink a glass of water, get 8 hours sleep



Put your post it notes up on a wall (or in a jar) and see how many you can do over the holidays. You can take them down when you've done them. We'd love to see a photo of your post-it note wall (or jar).



”

BUT THE LORD  
STOOD WITH  
ME & GAVE  
ME STRENGTH.

- 2 TIM 4:17

# Remember God's promises

God is faithful. He will always love us. We are faithful when we trust God's love for us, when we are loyal to our friends and family and when we can be relied on.



Watch [this video](#) about Job



## Reflection time

Why must it have been hard for Job to remain faithful to God?

How did God help Job remain faithful?

*We can be encouraged in our faithfulness by remembering who God is and what his promises are.*

In the grey box are some promises from God. Look these up in the bible.

### Some of God's promises:

2 Samuel 7:28

Psalms 145:9

Jeremiah 29:11

Romans 8:32

Philippians 4:6-7

James 1:17



Make some posters to put up round your home (or print off some of the ones in this booklet) with reminders of who God is and his promises, this will help all your family grow in faithfulness.

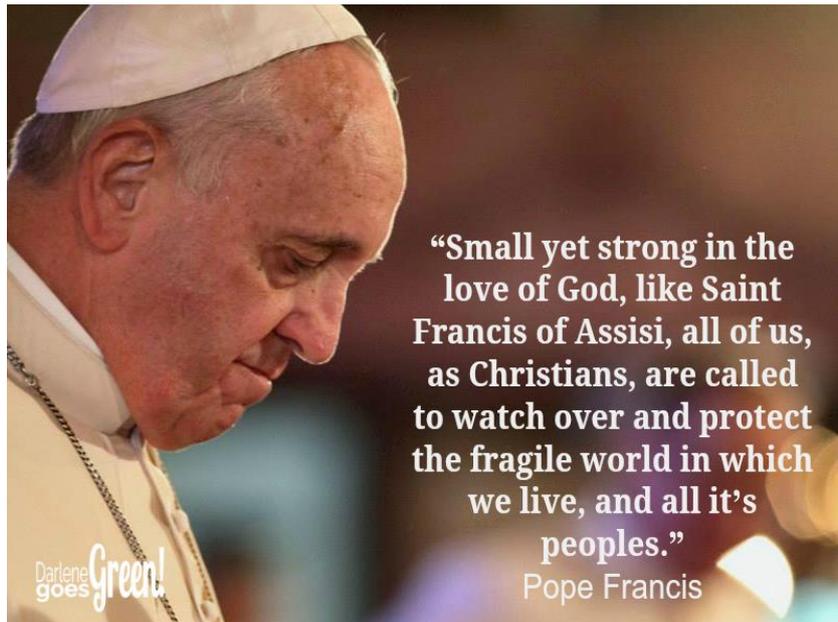
# Be gentle to our planet



Watch [this video](#) about Pope Francis' letter asking every person on this planet to protect the earth our common home.

## Discussion time:

Discuss with your family how you can be more gentle to our planet? There are some good ideas at the end of the video above.



Choose two ways you can be more gentle to our planet and act on them today.

# Meditate



*One way Christians have found to help them develop self control, is to meditate regularly.*

Before you begin, choose a “prayer word or phrase”. One that is suggested is Maranatha (pronounced Ma-ra-na-tha), this means “Come Lord” in Aramaic.

Find a quiet space where you won't be interrupted. You could light a candle and you may want to do this together with your family.

Sit on a chair or cross-legged on the floor with a straight back and close your eyes.

Silently repeat your chosen prayer word/phrase over and over very slowly

It is normal for thoughts and images to come, just keep returning to simply saying the word.

Aim to do this for 2 minutes to start with. You could download a meditation app, which would play a gong at the end of your meditation time or just set a timer.



Meditate regularly during the holidays, see if you can meditate for longer periods of time – aim for 10 minutes.

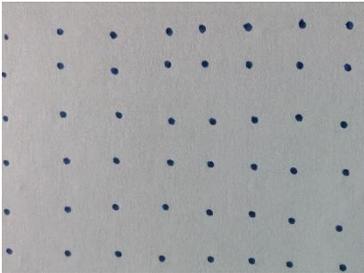
today is gonna be a good day

and here's why: because today at  
least you're you

and that's enough

# Pray with dotty boxes

This is likely to be a game you're familiar with – today you can pray while you play.



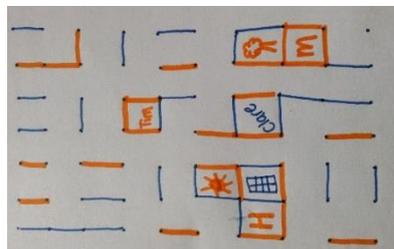
Draw some dots in lines and columns on a piece of paper

Each player takes it in turns to draw a line between two of the dots. Eventually, you will be able to close up boxes.

Whoever draws the line that closes the box can write or draw inside the box:

- Someone's name and ask God to bless them and help them
- Something that you want to thank God for
- Something you would like to ask God for

Take time to say the prayer out loud or in your head, then carry on!



Are there any other games you play that could be used to help you pray? Send us in any ideas you have.

# Hide and seek painted rocks



Find some rocks in your garden or on a trip to the beach.

Decorate them with your favorite bible verse or an image of your favorite bible story (Sharpie pens and paints work well).

Hide the rock somewhere in Guildford.

Send a picture or a clue about where you've hidden it (be as cryptic as you like – close up photos work well) and we'll see if someone else from Fusion can find it.



# Bake some unleavened bread



*This is the bread that Jews eat at Passover and would have been the bread Jesus ate at the last supper (as he was celebrating Passover with his disciples at this meal).*

## Reflection time

Look at the recipe for the unleavened bread on the next page.



What ingredient is missing that would normally be in bread?

What do you think this bread might be like because of this missing ingredient?



Can you find out more about how and why Jew's celebrate Passover today? Let us know what you find out.



# Unleavened bread recipe

## Ingredients:

- 200g/7oz plain flour
- ¼ tsp salt
- 100ml/3½fl oz warm water
- 2 tbsp oil (olive, sunflower or vegetable)

## Recipe

1. Preheat oven to 170 ° c
2. Place the flour and salt in a large bowl and trickle on the water bit by bit.
3. Mix the water and flour mixture together.
4. Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
5. Knead the dough for 5 minutes – do this in the bowl or on a clean surface
6. You can cook the bread straight away or leave the dough to stand for about 30 minutes.
7. Divide the dough into four balls.
8. On a clean surface, sprinkle a little flour so the dough does not stick, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the dough often, it shouldn't stick. (don't worry if they aren't perfect circles)!
9. Place the dough on a baking tray.
10. Cook for about 30 mins until golden brown, they should puff up a little.



*Send us in photos of your unleavened bread.*



THE FUTURE  
IS BRIGHT





**CAFOD CORONAVIRUS APPEAL**

SUMMER OF  
**hope**



"All it takes is one good person to restore hope!"

Laudato Si' #71

# CAFOD "Summer of Hope" appeal

You and your family are invited to be part of a "Summer of Hope" to ensure clean water and food reaches some of the poorest families in the world during this global emergency.

Recreate at home the events you will miss this summer and have fun transforming them into a sign of hope through raising money for [CAFOD's Coronavirus Appeal](#).

**What could you do?**



Here's [a video](#) showing what CAFOD's Coronavirus appeal is all about

# Organise a sports day at home



You can get some ideas of different games you can play [here](#).



Do send us in some photos of the fun and games you have.



Raise money for CAFOD's "Summer of Hope" appeal by

- Getting people to donate to enter
- Getting people to donate to guess who'll win

You can easily use CAFOD's JustGiving page to set up your own fundraising page:  
<https://www.justgiving.com/campaign/summerofhope>

# Have a family bake off



*Are there some bakers in your family? Even if they're not yet, this might be just the challenge to get them started.*

Ask everyone in your family to bake a cake. You could give it a theme, to make it more challenging, like the cake has to include strawberries.

You can include extended family too and if you can't get together to taste the cakes, perhaps vote based on appearance.



Do send us in some photos of what gets baked and let us know who your winner is.



Raise money for CAFOD's "Summer of Hope" appeal by either:

- Getting people to donate to enter
- Getting people to donate to vote

You can easily use CAFOD's JustGiving page to set up your own fundraising page:  
<https://www.justgiving.com/campaign/summerofhope>

# Do some odd jobs around the house



What jobs could you do around the house to help out your parents or siblings?



Raise money for CAFOD's "Summer of Hope" appeal by getting family members to donate for you to do these jobs.



Send us photos, so we can see what helpful things you've been up to.

You can easily give to the appeal here:  
<https://www.justgiving.com/campaign/summerofhope>

# Make a boat that floats

Boats appear a lot in the Bible. How many stories can you list with boats in?



**Don't stay in the boat  
when God's calling you  
to step out on the water.**



Can you make a boat  
that floats?

Send us in a photo of  
your finished boat.



Here's [a video](#) with some tips.

**20**



The Lord  
will guide  
you always

ISAIAH 58:11

# Pray using a prayer labyrinth

*A labyrinth looks like a maze but is not. A maze is like a puzzle to be solved. It has dead ends. A maze can be frustrating because you get lost.*

*In a labyrinth there are no dead ends so you can't get lost. The same path takes you in and out of the labyrinth. With a labyrinth you don't have to think, or analyze or solve a problem you just trust that the path will lead you to where you need to go.*

**On the next page is your own personal labyrinth.**

Take some time to relax before you begin, make sure you're in a quiet space and then you can "walk" with your finger slowly, deliberately, in a relaxing way around the Labyrinth.

## Reflection time

- What was it like to use the finger labyrinth?
- What feelings did you notice while you were using it?
- Did you think about anything?



# Finger labyrinth



Can you create your own prayer labyrinth? Draw it or make it out of lego or skipping ropes in the garden.

Send us in a photo.

# Learn the Lord's Prayer in sign language



Watch [this video](#) by Christians from Leicester's Deaf community to help you learn the signs for the Lords Prayer.



*Our Father,  
who art in heaven,  
Hallowed be thy Name,  
Thy kingdom come.*

*Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.*

*And forgive us  
our trespasses.  
As we forgive those  
who trespass against us.  
And lead us  
not into temptation,  
but deliver us  
from evil.  
Amen.*

Watch [this video](#) about the Lord's prayer



What line of this prayer stands out for you?



Please send in a video of you and your family signing the Lord's Prayer it would be great to be able to create our own montage of Fusion signing the prayer the Lord gave us.

# Focus on Christ

What does this image show?

What had Peter been doing moments earlier?

Re-read the account of this event in [Matthew 14:22-33](#)



Why do you think Peter started to sink?

*When Peter took his eyes off Jesus, he sank. Just because he had focused on Jesus once, it didn't mean it was going to be that way forever. Similarly, resetting our focus on Jesus once doesn't set us up for life, but it's something we need to be continually doing.*

How can you stay focused on Christ?

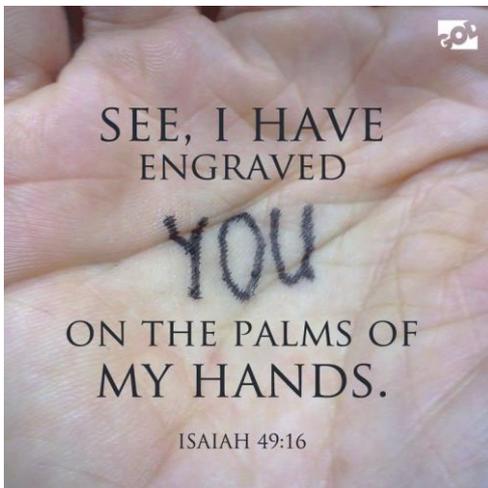


Using one or more of these ideas (or your own) create a plan for how you can focus more on Jesus:

- set a daily or weekly alarm on your phone
- make a poster for your bedroom door, your wardrobe, or your mirror with a Bible verse or phrase about Jesus on.
- ask a friend to ask you regularly about your focus on Jesus

Smile! 

# Make a worry jar



*Just take this little worry jar  
And set it on a shelf,  
And when you have a worry that  
You can't deal with yourself  
Just stuff it in the worry jar  
And leave it there and when  
You haven't strength to handle it  
Just give it up to Him.*

*The Lord will take your worries and  
He'll make them disappear,  
If you will only trust in Him  
And feel His love so near.*

*He promised you'd need not endure  
More than your strength can bear,  
And if you'll only turn to Him,  
You'll find He's always there.  
He'll always help and give you  
strength*

*If you will only ask.*

*You'll find that with His willing help  
You can do any task.*

*Don't waste your strength by worrying  
Put worries in this jar,  
And give them up to God above—  
He's stronger than you are.*

©2000 Denise McKenney



While you decorate your worry jar/box you might want to listen to this [song](#).

# Create your own prayer stations

There are lots of ideas of prayer stations you could create [here](#).

Choose some to do with your family or come up with your own

## Think about:

- *Abilities:* Check that everyone you'd like to be involved can do the activity.
- *Resources:* If you don't have the things suggested, could you change the activity a bit so you can use something you do have.
- *The atmosphere:* How could you set up the prayer station, so that you create a prayerful atmosphere. Could you use, music, candles?



We'd love to see photos of your prayer stations

FOR GOD has  
NOT given US  
a SPIRIT of  
FEAR, but of  
POWER & of  
Love & of  
a SOUND mind.

- 2 TIMOTHY 1:7

# Reflect on our unchanging God

Print the next page

In the middle circle write down things you are finding difficult, uncertain and challenging.

Around the outside write down who God is (we've included some examples for you).



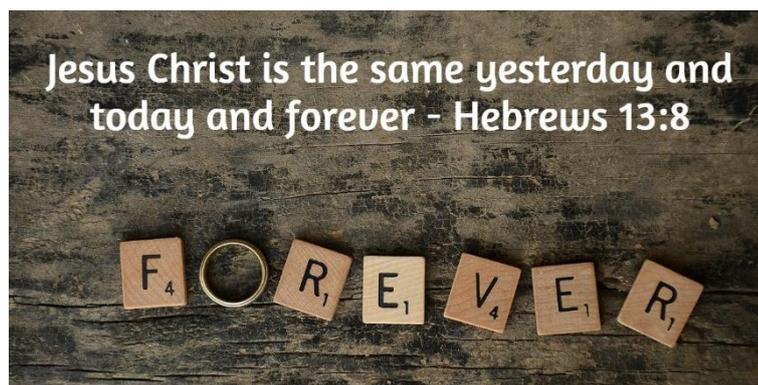
## What do you think?

If I ask you in a few months time, will the things in the middle circle be the same?

What about those around the outside of the circle?

## A thought for reflection

*Our feelings, our circumstances our worries change all the time but no matter how you are feeling, your circumstances, and all the changes in your life; God's character is the one thing you can always hold on to. He never changes and He holds you in the palm of His hands! Hold on to this truth.*



# Reflect on our unchanging God

Who God is?

Truth

Powerful

Things I'm worried  
about.

Faithful

# Stay Connected

"I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing."



Find something that connects to something else e.g. Lego, pipe cleaners or paper chain strips.



Begin connecting the things together. Whilst you do so, think of all the positive words you can think of that relate to Jesus and who He is.



Spend some time thanking Jesus for who He is and that He wants to see good things done in and through you.

After this, pray that Jesus might help you to "bear much fruit" today by showing you ways to bring love or joy to someone.



when you feel as if  
no one understands,  
turn to the one with  
scars on his hands

# Flush forgiveness



Think of anyone who has hurt, upset or disappointed you. How do you feel towards them?

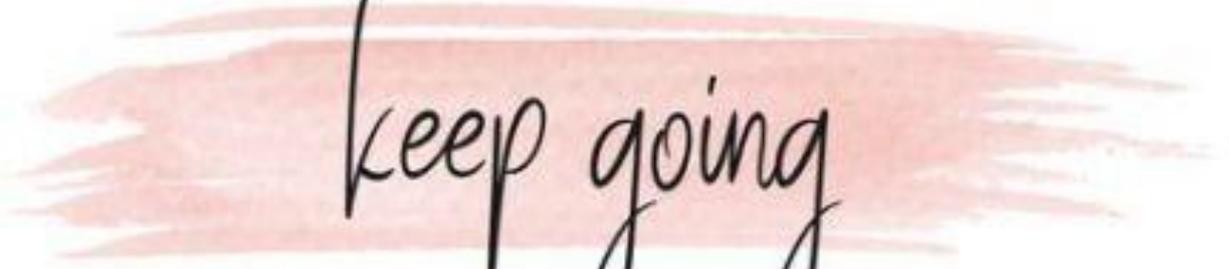
Write your thoughts on a sheet of toilet paper. Jesus taught that God will forgive us for the wrong things we do, so we should forgive people who upset us.



Take your toilet paper to the bathroom and throw it in the toilet. Tell God you forgive the person and then flush the toilet so the paper disappears. You can say, "Amen" or "Yes!"

"Forgive as quickly and completely as the Master forgave you."  
(Colossians 3:13)





keep going

# Bake some resurrection rolls

Begin by reading the account of Jesus' burial from John's gospel, which is on the next page.



Each step of the recipe below, represents a part of Jesus' burial, can you work out the meaning of each part as you make your resurrection rolls? *If you get stuck the answers are on the next page.*

## Ingredients:

- 1 pack of croissant dough
- 2 tbs melted butter
- 1 pack of large marshmallows
- 2 tbs of cinnamon mixed with
- 2 tbs of sugar



## Recipe:

1. Take a triangle of croissant dough
2. Take a marshmallow
3. Dip the marshmallow in melted butter
4. Dip the buttered marshmallow in the cinnamon and sugar
5. Wrap the coated marshmallow tightly in the croissant roll
6. Place in the oven at 180°C for 10 to 12 minutes.
7. When the rolls have cooled slightly, open your rolls, what do you find? (HINT: Step 7 isn't included in the account of Jesus' burial?)



Send us in a photo of your creations.

# Jesus' Burial

John 19:38-42

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs.

At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.



## What do the steps of the recipe represent

1. The cloth that Jesus was wrapped in.
2. Jesus
3. The aloes oil Jesus' body would have been covered with
4. The spices that were wrapped with Jesus body
5. The wrapping of Jesus' body after death
6. The tomb (Jesus' body was in there 3 days rather than 10-12mins!)
7. The resurrection

# Pray with skittles

## You will need:

- A small amount of hot water on a plate
- A pack of skittles



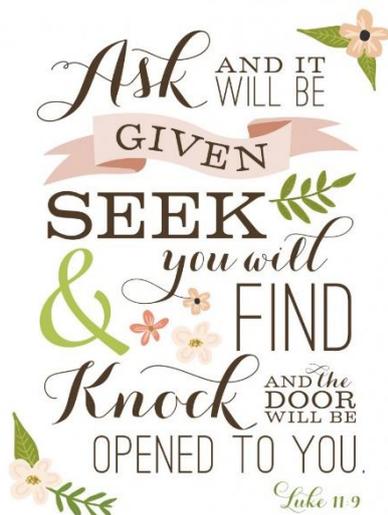
## What to do?

Gather your family together.

During a time of quiet everyone can think of someone or something they would like to pray for.

Pick a skittle that is linked to that person or thing e.g. if praying for a friend I might pick his favorite color.

Each person in turn says a prayer for their intention (the person or thing they want to pray about) and puts it in the plate of water.



Watch what happens

*The skittles change the water around them just as, through our prayers, we join with God and have an effect on the world and situations around us, to bring about his kingdom.*

Can you think of another way of praying with skittles or another sweet/chocolate you like? Let us know.



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# Go on a prayer walk

Choose somewhere to go for a walk.

Begin with a prayer asking God to be with you.



You may want to set an intention at the beginning of your walk and offer up something or someone you're concerned about.

On your walk pay close attention to everything you see, hear and feel.

If you're with others you can talk about what you're noticing and you may want to share something about your faith journey.

Be open to praying however you feel led. It may be in thanksgiving, it may be asking for God to work to bring about change, it may be seeking God's will for you in this place.

Write/draw your reflections during your walk. What did you notice? What did you learn about God/yourself?



BUT BLESSED  
IS THE ONE WHO  
TRUSTS IN THE  
LORD,  
WHOSE  
confidence  
IS IN HIM.

Jeremiah 17:7

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