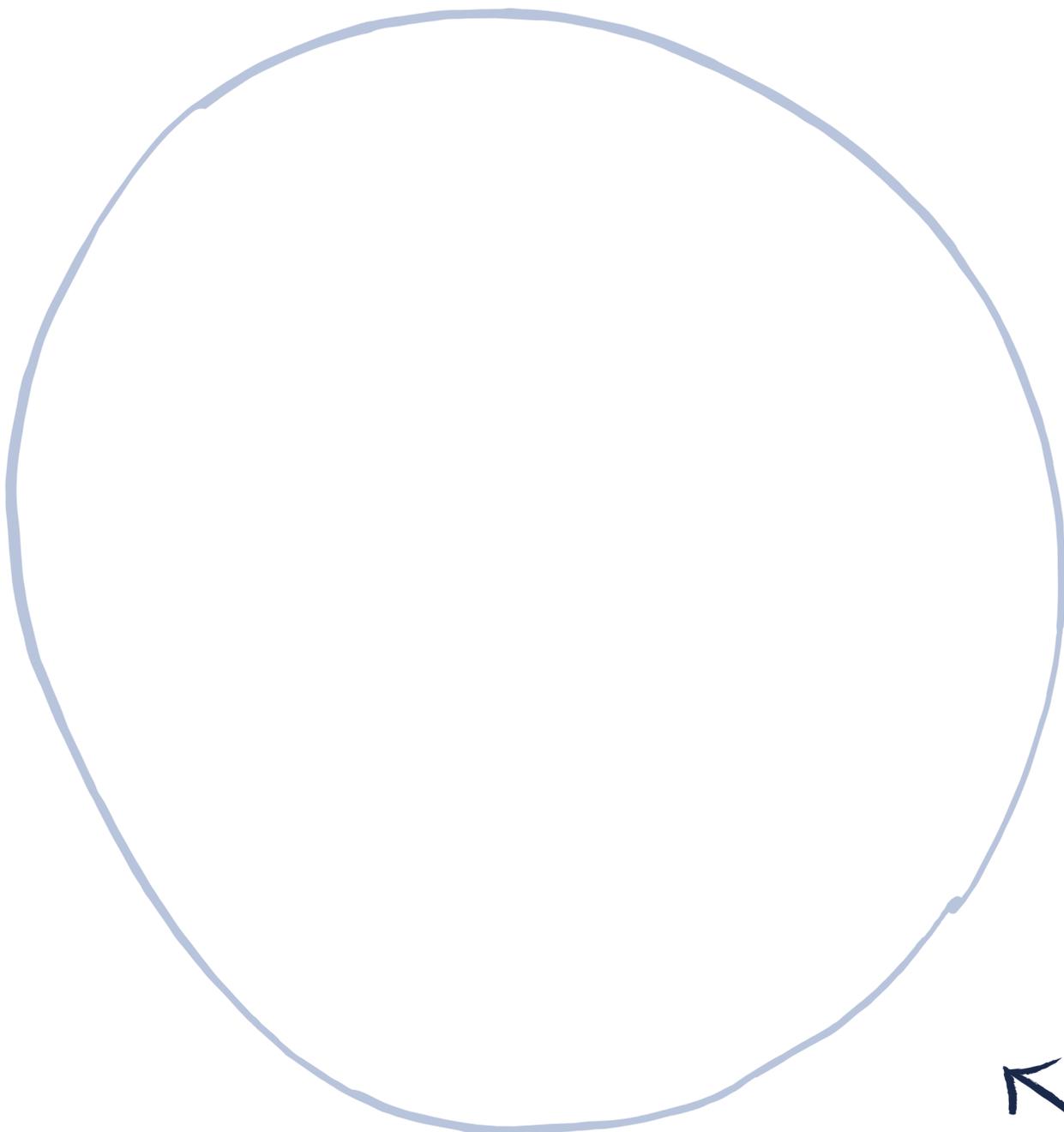
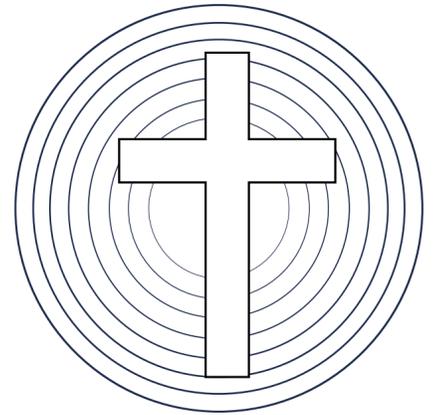




# Creative Prayer Worksheet

## Moving to Secondary School

**Step 1.** Take a moment to be still, quiet your body and mind by taking some deep breaths. Ask God to be with you now as you pray and to help you see things as God sees them.



**Step 2.** Think about the last 7 years or so in primary school. Ask God to remind you of all the good things that have happened during these years; what you have enjoyed learning, the friendships you have made, how much you have grown and changed. You might like to draw or write some of these memories down.

Thank God for every good memory.

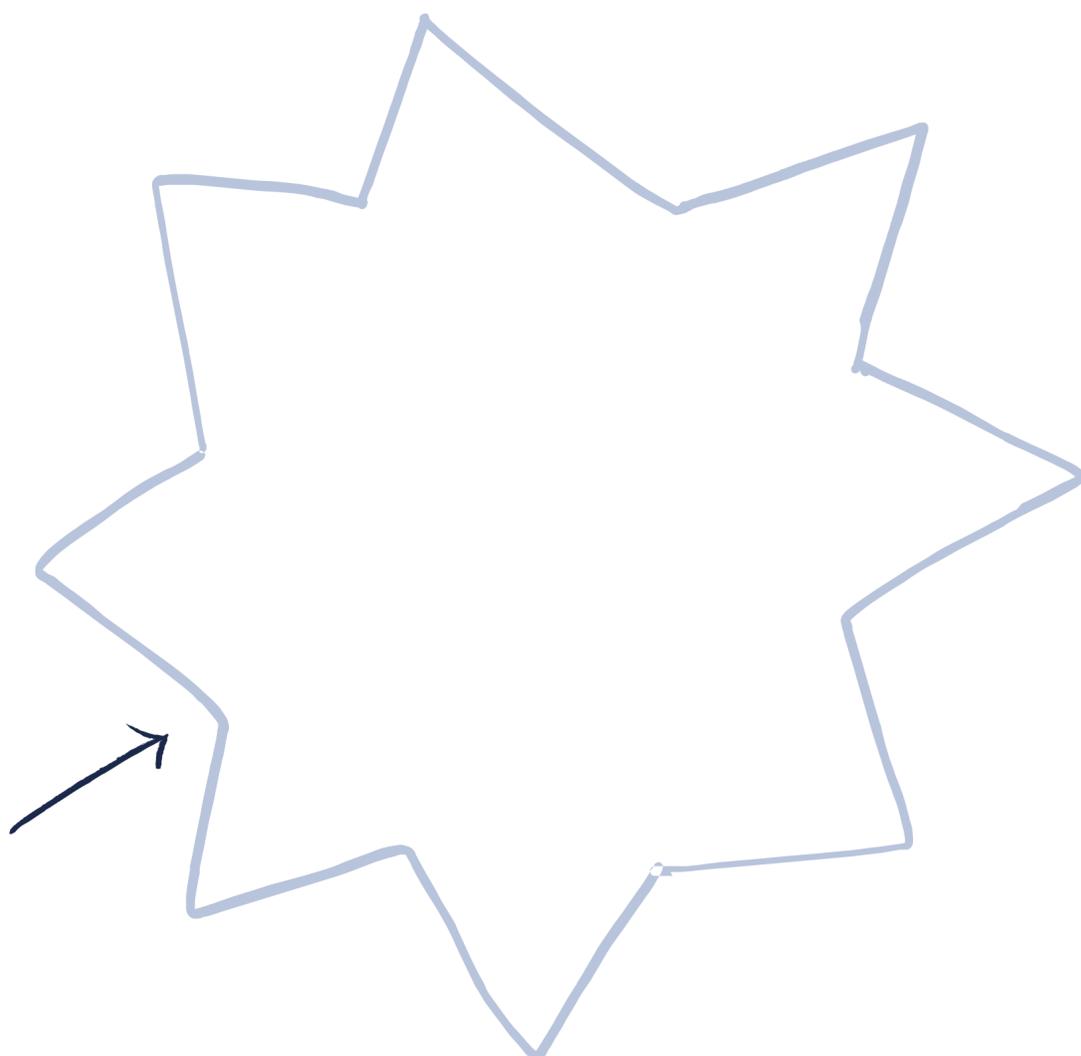


**Step 3.** As well as happy memories, you may also have had some occasions when you found school difficult. Hard times are part of life just as much as happy times and we often learn important lessons from the things we struggle with. Take a moment to recall any challenges you have faced in primary school and if there are some bad or sad memories, ask God to help heal your heart and your mind. You could draw or write these down too and draw a circle around each one as you imagine God hugging you and listening to your problems.



**PAUSE: Thank God for every experience you have had in primary school and ask for courage to say goodbye and move on.**

**Step 4.** Secondary school is full of unknowns - you may have many questions and concerns about what it will be like. Spend a moment now sharing with God what you are looking forward to and what you are unsure about and any questions you would like answers to. Ask God what his hopes and dreams are for you as you go to secondary school. Write down any words, bible verses or pictures that spring to mind.





Jesus Christ is the same yesterday, today and forever

Hebrews 13 v 8

**Step 5.** Take a look at the two pictures above of lighthouses. In one image, the sea is stormy and the waves crash in and in the other image the water is calm. In both photographs, the lighthouse stands firm and is a beacon of light.

Throughout your life, you will experience both times of change and uncertainty and times of calm.

Whatever happens in life, Jesus is always there, he will never leave us or abandon us and he never changes. Having faith in Jesus gives us an anchor to keep us stable in the storms and give us great hope for the future.

You might like to sit still and look at those pictures, allowing God to reassure you that the Holy Spirit is with you always or if you like to be active, how about tracing this finger labyrinth as you think about Jesus walking alongside you everyday?



**We finish our time of prayer by saying the prayer that Jesus taught us:**

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins  
as we forgive those who sin against us.

Lead us not into temptation  
but deliver us from evil.

For the kingdom, the power,  
and the glory are yours  
now and for ever.

Amen.