

## PRAYER ACTIVITY

# Letting Go



### ● Equipment

Any kind of container – box or jar with a lid – cardboard, paper, pens

### ● Set up

Put the container in front of you with a label that says 'worry box'

### ● Instructions

Tear a piece of card or paper, and write or draw the things you are worried about on it.

When you're ready put your worry into the box, and as you do it imagine you are giving it to God.

*1 Peter 5:7 'Cast all your worries on Him, for he cares for you.'*