

CONFESSION

Being forgiven can be difficult, it requires us to be truly sorry, to realise that we made a mistake, to understand the weight of our decisions and how they have affected others.

Forgiving others can also be difficult, 'forgive & forget' often feels like we are letting whoever hurt us win and sacrificing our dignity. But forgiving should be about letting ourselves be free of the hurt and pain we may be feeling.

WHAT ARE THE THINGS YOU WANT TO SAY SORRY FOR?

WHAT THINGS DO YOU NEED FORGIVENESS FROM GOD FOR?

WHAT THINGS DO YOU NEED FORGIVENESS FROM OTHERS FOR?

WHAT THINGS DO YOU NEED TO FORGIVE OTHERS FOR?

WHAT THINGS DO YOU NEED TO FORGIVE YOURSELF FOR?



Pick up a cross and hold it in
your hands.

Say your "I'm sorry's"

Say your "I forgive you's"

Say your "I forgive myself's"

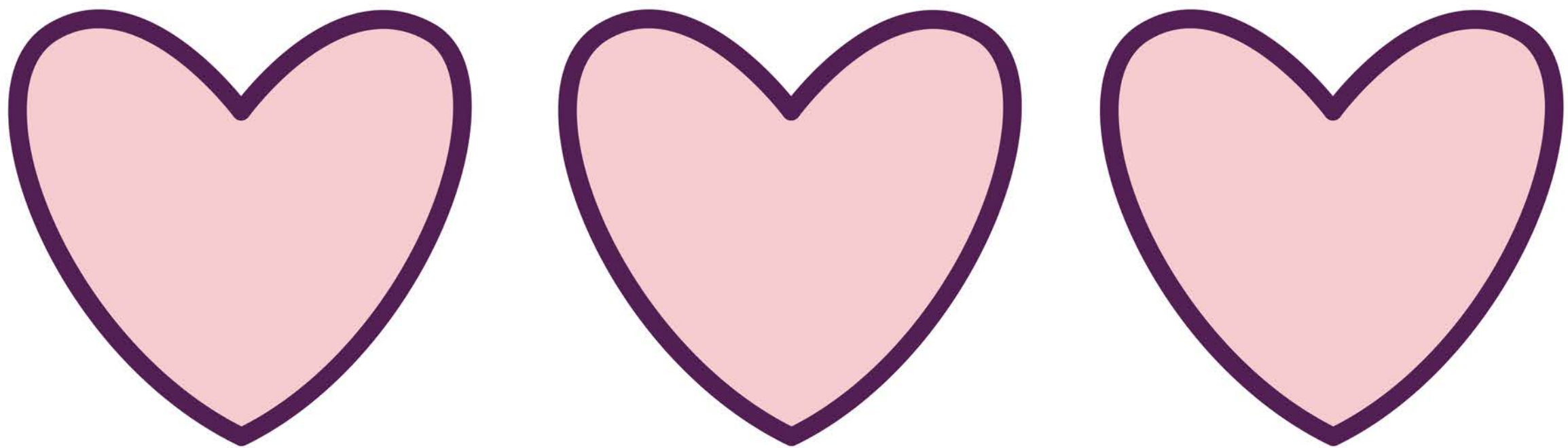
PASSION

What is stirring deep down in your heart?

Where is your passion?

Perhaps your passion is hiding beneath a busy schedule?
Or maybe buried under paperwork you're sorting through?

Maybe you get to live out your passion every day, maybe it's not what you thought it would be, maybe you are happy with the balance in your life, maybe you feel your passion has changed.



Perhaps spend some time with God, talking about where your passion lies, where your heart is taking you, what or who you feel drawn to serve, and take a heart with you as a symbol of your commitment to keep your passion alive!

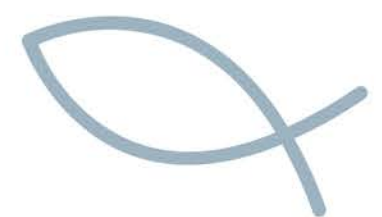
FAITH

Take an Ichthus Fish, hold it in your hand or use it as a focus point whilst you have a conversation with God about your faith - you may want to use the following questions as a starting point, or you may just want to dive right in with your own joys, doubts or questions!



What does faith mean to you?

Chat with God about your faith - be on the lookout for how God might respond



Who can you inspire with your faith?

Ask God to show you who may need some faith and inspiration



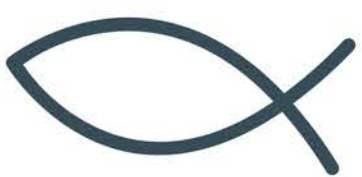
Who inspires you in your faith?

Thank God for putting them in your life



How do you live out your faith?

Make a promise to God to show faith in your life in every way you can



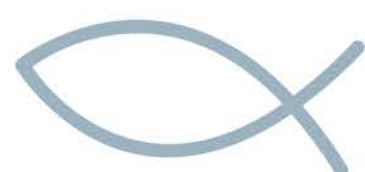
Have you ever struggled with your faith?

Talk them through with God, think about them from every angle - religious, social, political, emotional, financial even



Where are you on your faith journey?

Ask God to give you some encouragement



LIGHT

Have you ever stood in the countryside when it's dark and looked up at the sky. Even in the midst of complete darkness, the moon still reflects the sun's light, the stars still twinkle, there is still a speck of light shining in the darkness. It's not always easy to see the light, but when we don't even try to search it out, why are we surprised?

Jesus said "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."

Read this verse a few times, in your head or out loud. Take a small colourful pebble from the treasure chest, clasp it tightly in your hands and look at it through a gap. See the subtle glow of the pebble.






Take it with you to remind you to look for the light in the midst of darkness, wherever you go!

BLOSSOMING

“Blossoming flowers look beautiful before they’re cut or picked, but without soil or water they wither more quickly than grass.”

This verse from Job reminds us that without the right circumstances, a flower will not blossom.

Those right circumstances are:

-  Light - plants need a source of light to use as energy to be able to convert carbon dioxide into food
-  Water - water is needed in order for the plant to transport the sugars absorbed by the roots to the parts of the plant that need them
-  Air - like all living things, plants need air to breathe, using the carbon dioxide to fuel new growth
-  Nutrients - plants need a combination of vitamins, minerals and carbohydrates in order to function and survive
-  Space - a plant needs appropriate space, an appropriate container, and to be kept in an appropriate place, in order to grow well

What are the things **you** need to ask for from God in order to blossom? What are the things you can do for yourself in order to blossom?

Take a flower with you to remind you to blossom!

JOURNEY

Setting off on a journey can bring about a range of emotions! Spend some time thinking about the emotions different journeys can bring about. You could use some space in your journal to doodle/write, use some scrap paper, post-it notes or a notebook, write some notes on your phone/tablet.

Take a timeline and, starting from birth, add any highs and lows from your life you can think of. You could do this by using different colour pens for highs & lows, or by putting highs on one side of the footprints, and lows on the other side - however it works for you!



What journey are you on? Where have you found treasure? Where have you been or shown treasure to someone else? Where did you notice God with you and where did you feel alone? Where have you stuck to the easy path and where have you taken a more difficult route? What is your next step? What do you keep looking back on and what are you looking forward to? Where is your next journey going to take you?

Take a footprint from the treasure chest. Keep it with you as a reminder of your continued journey with God.



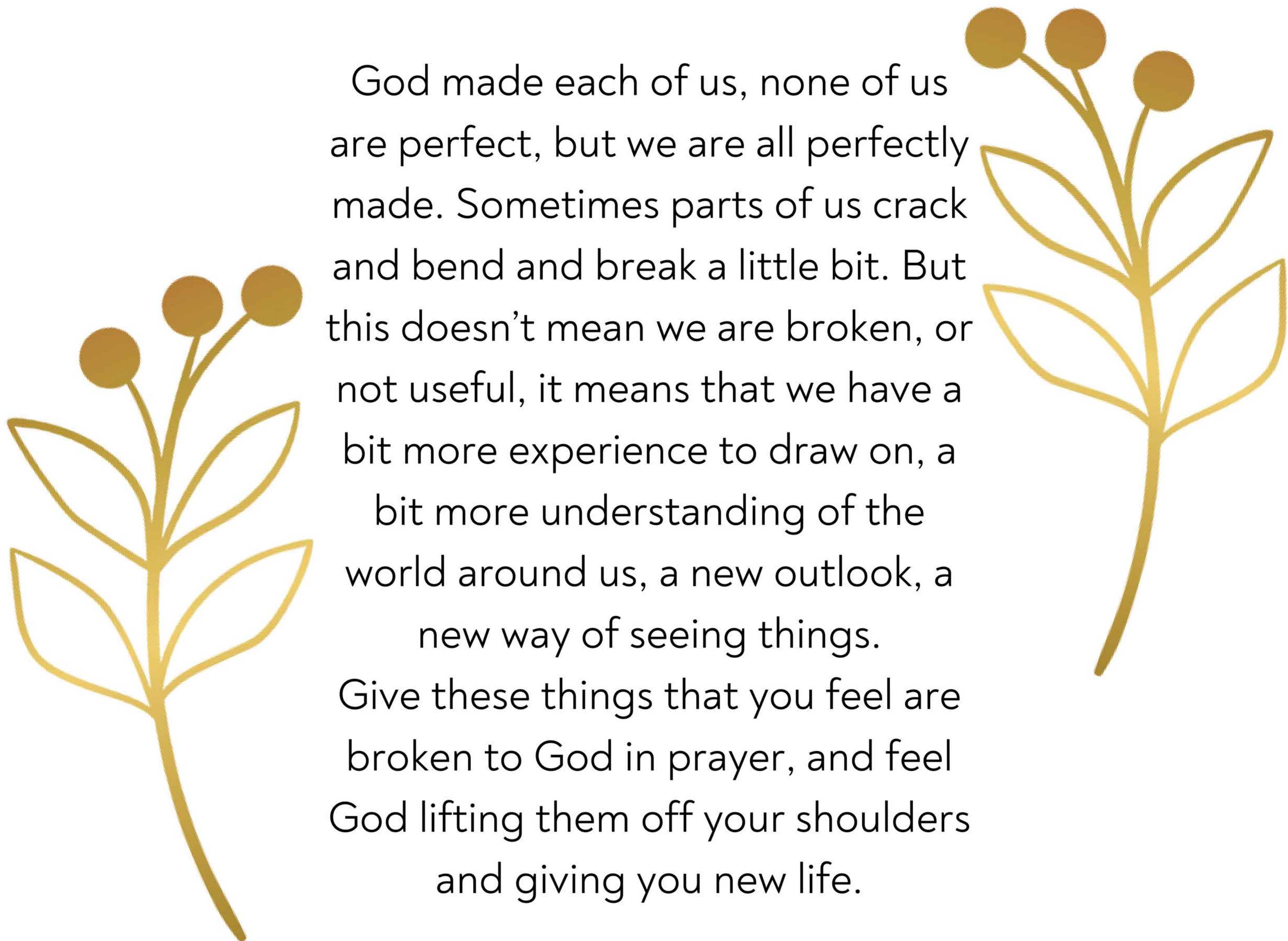
NEW LIFE

There is an ancient Japanese tradition of fixing broken things with a glue-like substance mixed with gold. As well as encouraging a culture of embracing imperfections and celebrating the flaws and cracks and unique-ness in life, Kintsugi is a powerful reminder that just because something breaks, it does not mean it is broken forever.

God made each of us, none of us are perfect, but we are all perfectly made. Sometimes parts of us crack and bend and break a little bit. But this doesn't mean we are broken, or not useful, it means that we have a bit more experience to draw on, a bit more understanding of the world around us, a new outlook, a new way of seeing things.

Give these things that you feel are broken to God in prayer, and feel God lifting them off your shoulders and giving you new life.

The leaves in this treasure chest have a gold lining, take one with you to remind you of what it means to be given new life, a new outlook, a new view of the world we live in.



GENEROSITY

People often think of generosity only in terms of financial contribution to friends, society, church or other institutions. But generosity is so much more than how much we put in the collection plate or how much money we donate to charities.

Generosity is about kindness, time, patience, love, space, words. It is about being generous with whatever we have.

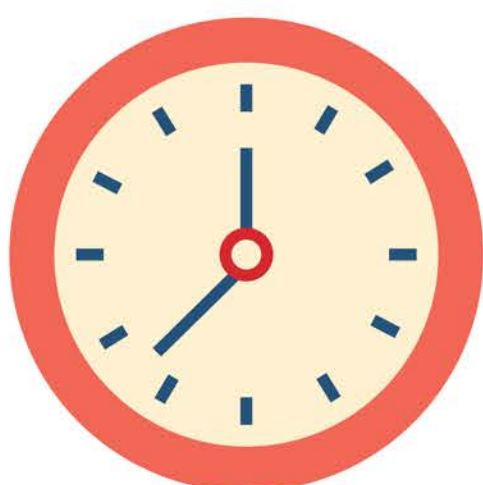
Take a coin, hold it in your hand, and say this short blessing (out loud or in your head) as many times as you wish:

Generous God

As you bless me with

your grace, mercy and love so freely, may I also bless others with my own generosity.

Amen



Take the coin back with you as a symbol of God's generosity, and a reminder to be generous where you can

TREASURE

‘One man’s trash is another man’s treasure’

What are the small things that you treasure deeply?

Write down all the things you treasure on post-it notes. Stick them to the board. Have a look on the board and see if there are any post-its with things that you’ve never thought of as a treasure before.

Why have you never considered this a treasure?

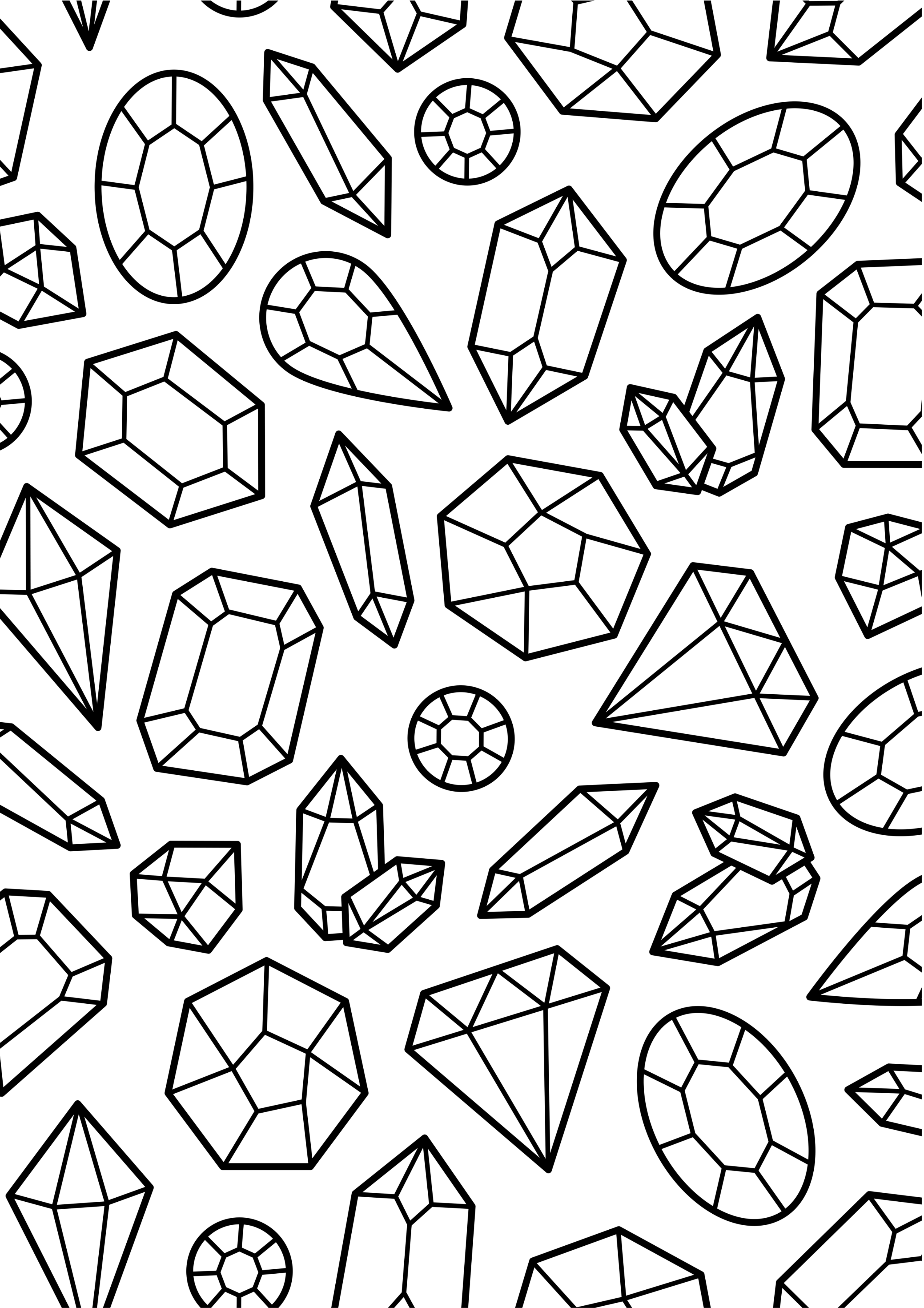
What might make it a treasure to someone else?

Could you ever see yourself calling this a treasure?

There are some gems in the treasure chest. Add this to your bag to remind you to hold tight to the things you treasure.



You may also wish to spend some time colouring in the simple colouring sheet. This is something some people treasure, because it gives them space to rest, to reflect. Others find things like this tedious or they don’t feel very creative. Feel free to take it away with you and do in your own time.



ONE OF A KIND

What makes you special?

There are plenty of things that make each of us special. You are a treasure, a star in God's eyes. Just as God knows the name of every star, God also knows every hair on your head and every miniscule, unique thing about you, and God loves all of you!

There are many ribbons in this basket, please take a handful and tie them on the black grid. As you tie a ribbon, mention one thing that makes you special. Then tie another one, and another, and keep going for as many things as you can think of!

Take a star and hold it in your hands.

Say to yourself 'I am a treasure'.

Take the star home, and try saying this phrase every day, see how it makes a difference to you.