

Holy Wednesday

We don't have a story today, just a short verse. Read it then have a look at the discussion and have a go at the activity. There's also a song to sing and prayer to say...



Today we are thinking about a verse from the book of psalms. It says 'Be still and know that I am God.'

Psalm 46:10

Song for today:

[The UK Blessing](#)

Be still and listen. Know that God is for you.

Discussion

Do you feel busy? Are you anxious or worried? Do you ever just stop, even for just a few moments?

We are going to have some time of rest and quiet today in the presence of God, just as Jesus did in the days leading up to his death. Take some time to be still. Find somewhere comfortable and breathe in and out slowly. Gently notice what is going on around you, then close your eyes.

You could stay like this for a few minutes or you could pray. Prayer is when you talk to and listen to God. You could say hello to God and thank him for something he has given you in your life like your friends or family or food. You could ask him for help for yourself or others.

You could say sorry for something you have done wrong. Then just be still with God and listen out for him. He will have heard you even you haven't heard anything back yet!

A prayer to say together

Dear God, Thank you that you always listen to us when we speak to you. Thank you that we can talk to you about anything, wherever we are, at any time. Help us God, to listen to you.

Please help us in our busy lives to stop sometimes, to take a breath and to just think about you and what you want for us.

In Jesus' name, Amen.

Activity

Today try and make a calm jar, instructions can be found [here](#). Watch the glitter settle. Or do something else to calm you – listen to some music, go for a walk and listen to nature, blow some bubbles or play with play dough. Anything to make you feel calmer. You can talk to God as you do any of these things.



Be still
and know
that I am God

Psalm 46:10