

A large, stylized illustration of a sun with a smiling face, wearing a blue hat and having a blue nose. The sun is yellow and orange with wavy rays.

Good Morning!

Rise and shine.

From sunrise to sunset, God you are with us and are doing good in us and around us.

The sun rising each morning is just as certain as your goodness - always there! Thank you for another day packed full of promise and goodness.

Read.

Read a verse or chapter from your Kids Bible, read your way through one of the 'books' in the Bible little by little over a few days or weeks. Allow it to teach you things about who God is.

Pause.

Breathe in and out.

Slowly.

Listen to your mind and body.

How do you feel today? (Anxious, excited, happy, energetic, worried, sad, tired...?)

What are your plans today? What matters to you today?

Pray.

Jesus, please help me to follow you today.

Please give me patience for those who frustrate me, help me be humble, to care for others who are struggling and to encourage my friends.

Please give me energy to make the best of today, peace over anxiety, wisdom for decisions and courage to create goodness around me.

Thanks God for this great new day, please help me to shine light & hope into my classroom, friends and family.

Amen



*Pause to reflect on your day.
How does your body feel?
How does your mind feel?*

*How are your relationships with friends and family?
Where can you spot the presence and activity of Jesus in your day?*

Rejoice.

Psalm 100 (Good News Translation)

Sing to the Lord, all the world!
Worship the Lord with joy; come before him with happy songs!
Acknowledge that the Lord is God.
He made us, and we belong to him; we are his people, we are his flock.
Enter the Temple gates with thanksgiving; go into its courts with praise.
Give thanks to him and praise him.
The Lord is good; his love is eternal. and his faithfulness lasts forever.

Release.

As I prepare for bed, I release to you all that was done today.
Some I wish could be undone, some is unfinished, some which makes me glad.

God help me to let go of the things I could have done better.
God help me to be grateful of all the things that went well today.
God help me to be thankful for all the great things you've given me.
God I give to you all the people who I love. While I sleep I trust you to keep them safe.
God I give to you all the worries in my mind, and the fears in my heart.

Bless me with peace as I sleep.
Help me to have amazing dreams.
Help me to have a restful sleep.
Recharge my whole being as I rest.
Refresh my faith, hope and love, ready to begin another adventure tomorrow.

And may the grace of Jesus,
the love of God, and the friendship of the Holy Spirit be with us all.
For ever more.

Amen.



Endings