

Dear God, I am sad...



Even though we are all locked down in different homes all over Milton Keynes, something strange is true...many of us are feeling the same way!

If you are feeling sad; missing friends or family, missing running outside or going to a cafe...if you don't enjoy wearing masks or doing work at home, maybe you have had some cool plans cancelled?

The good thing about us all feeling similar feelings, is that we can all talk to God about them - people have done it for centuries, telling God why they are sad and asking for his help. Maybe we could all follow this pattern too?

1

**What things are you thankful to God for?
Write or draw some in this box...**

What things are you sad about?

Write them here, or draw them, and tell them to someone else in your family; they might be the same?

2

3

Pray this prayer together...

Dear God.

We are praying to you because you are good, and kind, and strong, and we know that you care for us. But, at the moment I am finding life hard, there are some things making me sad (you could name the things from box 2 here).

Please help me by your presence. Protect me and the people I love. Help me find joy today. Make it safe to go outside again soon. And while we wait for these things to happen, help us to trust you and your goodness. Thank you that you always look after us and always love us, God we love you too.

Amen.