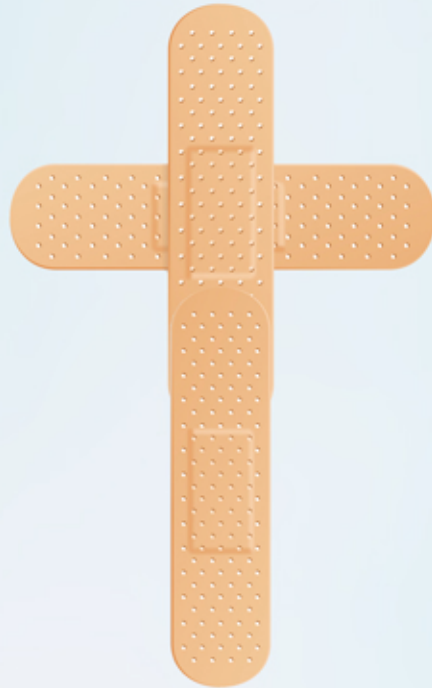


JESUS HEALS



GET INTO
THE BIBLE



15 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

Whenever we are sad, upset or scared, God is there to listen to our worries and help heal you.

Cut a love heart out of paper or card. At the top of the heart write, 'Jesus Heals'. In the middle stick two plasters in the shape of a cross. Around the cross write all the things that sometimes make you sad, upset or scared. This might be things such as fighting, getting angry or fears such as spiders, darkness etc.

Christians are encouraged to share all that makes them sad, upset and scared with God in prayer. By telling God all our worries and fears, he can help us. We just need to pray and ask for help. 'I have heard your prayer and seen your tears; I will heal you' (2 Kings 20:5). Could you say a prayer now for the things which you wrote down?

Place your 'Jesus Heals' heart somewhere it can be seen, as a reminder that you can always pray to God for help whenever you need it.



WHAT YOU'LL NEED

- Card / Paper
- Colouring Pens
- 2 Plasters



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your 'Jesus Heals' heart with your BB group or post on social media using #BBatHOME.