

'Mirror moments: SELF!'

How long do you spend in front of the mirror?!

How about a different type of reflection...?

How much time do you think about who you are and what is special about you?



Lord Jesus,

We light this candle to remind us that You are the Light of the World.

As we come together to pray and praise, may your light remove all darkness from our lives.
Amen.



'Mirror moments: SELF!'

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...or do we
spend too much
time thinking
about how we
wish we were
different?



...or do we
hide how we
feel about
ourselves
from others
by not talking
about it?

Perhaps we
spend a lot
of time
thinking
about what
we were like
in the past?



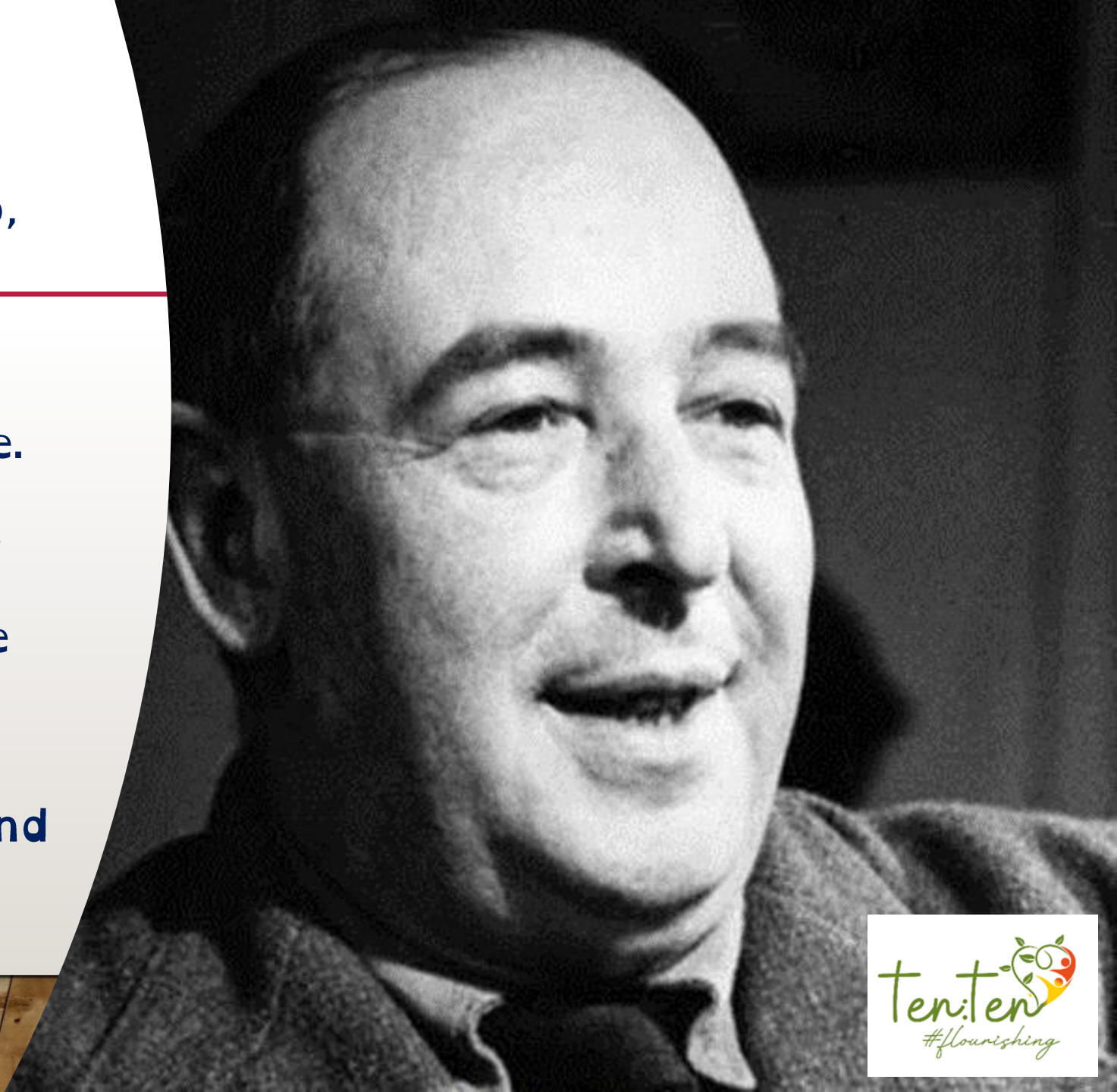


...or about what
we hope to be
like in the
future?

The famous author CS Lewis said,
'Though our feelings come and go,
God's love for us does not'.

Christians believe that we can all
experience God's love all the time.
We may have feelings about
ourselves and others that change
from time to time, but in God's
eyes we are all special and unique
creations worthy of his love.

**Remember – you are unique and
special!**



Dear Lord
We thank you for making us the way we are
and giving every one of us unique qualities.

We ask you to help us in our weaknesses and
to stand by our side to face our fears.

Be with us in our happiness and joy and help us
to help others know that they are special too.

In Jesus' name
Amen



IN CLASS THIS WEEK...

- Discuss 'SELF' in your class worship.
- Who do you share your thoughts and feelings with?
- Why are they the people you've chosen? What qualities do they have?
- Who can you talk to in school?



LEADER

Send us out in the power of your Spirit
to live and work to your praise and glory.



ALL

May the grace of our Lord Jesus Christ, and the love
of God, and the fellowship of the Holy Spirit be with
us all, now and evermore. Amen

