This is a repeat-after-me prayer:
Strengthen me, O God,
with your Holy Spirit;
empower me for your service;
and sustain me my whole life.
In Jesus' name,
Amen.

People are beautiful

Everyone is made by God

God made everyone to look and act like God. God is beautiful and so people are beautiful, too. God is a maker and so people are makers, too. God is love and so people can love and be loved, too. God is good and so people can do good things, too. When we look in a mirror, we can see how wonderful God is. When we look at others, especially people who look different than us, we can see how amazing God is.



Activity 1: Look in a mirror and say, "I am God's Beloved Child. God made me and God loves me." How does this make you feel?

I feel

Activity 2: This week, whenever you meet someone, look at them and say to yourself, "That is God's Beloved Child. God made them and God loves them." How does this make you feel?

I feel

Everyone is important

God did not just make some people. God made all people. God does not just love some people. God loves all people. God does not just help some people. God helps all people. Even though God made everyone different, everyone is important.

Because everyone is important, we take care of everyone. We do not just care for the people who look like us, or talk like us. or who are our friends. We care for people who look different than us, who talk differently and who are not our friends. We do this because everyone is created in the image of God. No one is left out.

Activity: Colour this beautiful rainbow with many different colours.

Everyone can hear God

God speaks to everyone. God does not just speak to adults or priests or teachers or rulers. God also speaks to children and students. Everyone can hear God, but not everyone is listening. God says, "Love your neighbour". But not everyone listens. God says, "Take care of the world". But not everyone listens. God says, "Feed the hungry and give water to the thirsty". But, still, not everyone listens. Because we are created in the image of God, it is our job to practice listening to God.

Activity: Practice listening to God by praying this prayer: "Speak, Lord, for your servant is listening". I samuel 3:10 Pray this prayer whenever you feel afraid and do not know what to do.