PRAYER ACTIVITY

Carrying the Cross: Worries

- ## Equipment
  Paper, scissors, pens.

- ## Set up
  Cut out some paper crosses and put them with the pens.

- ## Instructions
  In the Easter story, the Roman soldiers forced Jesus to carry his heavy cross through the streets and then up the hill called Golgotha. Sometimes our problems and fears feel heavy. Christians believe that God wants to help.

  What are you worried about? What are you finding difficult to carry? If you want to, you can write your worry onto a paper-cross and ask God to help you carry it.