



My life is messy

Soap Verses: Psalm 139

Activity: Every morning this week spend a few moments praying these words:

Search me, O God, and know my heart; test me and know my concerns. See if there is any offensive way in me; Lead me in the way everlasting. Psalm 139:22-24

Be attentive to what God says, highlights, encourages or challenges. Ask for his forgiveness and strength as you continue to grow in him. You may find it helpful to share what God says with a trusted friend and ask them to pray for you.

Family Activity: It's time to plan a family charter!

What environment do you need to create at home that will see everyone be able to thrive and brings the best out of people? Come up with at least 5 sentences that show how you will live. For example "In this family we say sorry fast and forgive quickly" or "we always look for things to cheer in others."

Draw and write these out nicely and put on your wall. Have a go this week at living by them.
How does it feel?