**Practical Prayer: 3 Pebbles**

The Bible encourages us to try to be happy and thankful, but to remember that God does not change and is always there for us when we need help with things that worry us.

1. Maybe you have a cross at home? If not make one with twigs. Position it on a windowsill or where you will see it every day. It reminds us of Jesus.

2.Take 3 pebbles and with a felt tip pen write ' Thank you', on one, 'Help' on another, and on the last one draw a 'happy face'.

3. Take a pebble in turn and think of one thing for each pebble that makes you 'thankful', where you feel you need 'help' and then what makes you 'happy'.

4. As you pray place the pebbles near the cross. God will hear your prayer. Repeat with a different prayer for each pebble every day this week.

5. Ask someone what makes them 'thankful', where they need help, what makes them 'happy'. Share your thoughts together.

        