

So often we think we need things to make us happy or content. Paul reminds us we don't need anything except Jesus. Here a room full of stuff Can you find all the unnecessary items in the list below?



- STARS MOBILE
- BINOCULARS
- SNOW GLOBE
- SKULL
- BASKET BALL
- MICROSCOPE
- BLACK BOARD
- MAGNET
- TABLE LAMP
- FISH BOWL
- METRONOME
- VIOLIN-CELLO
- GLOBE
- POTTED PLANT
- TROPHY
- AEROPLANE
- TEDDY
- CAP
- CAKE
- BIKE PUMP
- BOTTLE
- SKITTLE PIN
- SPEAKER X 2
- AMERICAN HAT
- 4 OF HEARTS
- DOG BOWL
- PAINTING

- CAMERA
- JAPANESE FLAG
- STAR FISH
- SAFETY PIN

- SHEET MUSIC
- PIZZA BOX
- TOY BUS
- CAT

- BANANA
- BIRD CADGE
- PHARAOH
- CLOCK

- LETTER B
- BIKE HELMET
- PENCIL
- DOG

## MAKE A PRAYER TRUST-O-METER

You will need:  
 A Paper Plate  
 A Split Pin  
 Some felt tip pens or paint

- You can use this any time you want to pray simply think about how you feel and then follow the prayer guide. To make your trust-o meter
- 1: Fold your paper plate in half and then cut along the line
  - 2: Make it in to five even sections like the picture shows
  - 3: Draw Five Faces Angry, Sad, Ok, Happy, Wonderful
  - 4: Under the five sections think of ways that you can pray that help your trust in God grow. here are some ideas

Angry: Breathing Prayer- Take a big breathe in and then let it go. As you release it imagine you are giving God all you anger for him to deal with.

Sad: Blanket prayer: Wrap yourself up in a blanket and know that God is with you always. Ask him to be close to you while you feel sad.

Ok: Ask God for more Joy.

Happy: Draw something you are happy about and thank God for it

Wonderful: Show God with your body how happy you are by dancing, singing, running, jumping around ( this is all praise!)

- 5: Make a pointer out of the other part of the paper plate and use the split pin to attach together.



**TRUST-O-METER**