

Discuss the quote - “The Good you do today will often be forgotten tomorrow but do good anyway” by Mother Teresa.

Song – Goodness of God – Bethel Music

<https://www.youtube.com/watch?v=-f4MUUMWMV4>

Common Prayer

1. We pray for all the good things God has given us. For the goodness of our lives. For the goodness of our many gifts. For goodness of each other. Thank you God. Lord hear us
Response – “Lord hear our prayer”
2. We pray for times we struggle to recognise goodness. Slow us down. Awaken us to the goodness of life. Teach us to appreciate all the goodness in our lives. Lord hear us
Response – “Lord hear our prayer”
3. We pray for our world especially those parts which need goodness. May we be instruments of goodness. People of the resurrection who look beyond the darkness. Lord hear us
Response – “Lord hear our prayer”
4. Any other Prayers.

Final Prayer

Beautiful God. Thank you for the Goodness in our lives. Change our hearts to see the radiance of each moment of our lives. Fill our hearts with gratitude, like the warm sun that shines down on the earth. Inspire us to act in kindness like gentle rain that falls on dry ground. We praise you God for the goodness both visible and invisible. Amen

In the name of the Father, and of The Son, and of the Holy Spirit.
Amen.

Mindful Prayer Session 1 “Good things”

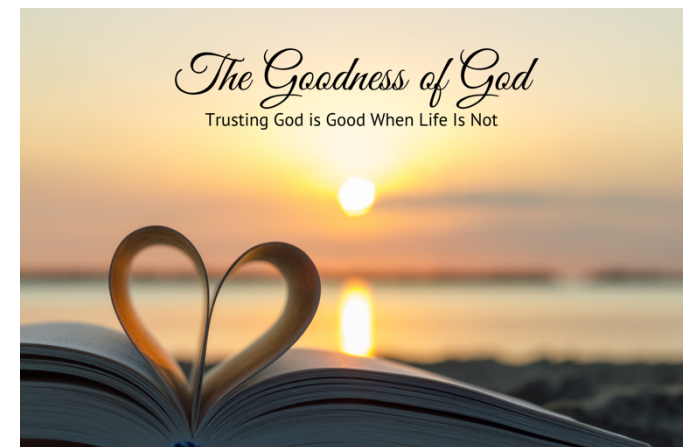
YOUR NAME _____

As we light the candle
and ring the bell
we pray that God is with us this today.

Close your eyes.
Lay or sit with one hand on your belly and another on your chest.

*“Take a slow breath in from your belly, counting to 4.
Hold your breath in while counting to 7.
Release your breath completely and slowly, silently counting to 8.”*
Repeat 3 times.

In the name of the Father, and of The Son, and of the Holy Spirit. Amen.





Draw or write about
“what 5 to 10 good things have happened today”?

“The earth has music for those who listen.”
— William Shakespeare