**CREATIVE PRAYER -PEBBLES**

Sometimes we can feel as if we are carrying around heavy burdens: these might be things that we have done wrong or perhaps people or situations about which we are concerned. It can be helpful to use a visual aid to remind us that we can give our troubles to Jesus and he will take care of us.

**How?** Put a large cross and a bucket of pebbles in a space. Use the explanation below. This can be used as part of a service or as an area in a prayer room. Worship music that focuses on Jesus and the cross can be helpful in this activity.

**Materials**: Cross, Pebbles, Explanation & music (optional).

**Instructions**

* Select a stone/pebble from the pile.
* Take a moment to think about what burdens you might be carrying around inside yourself.
* As you take the stone, place it at the foot of the cross, that you are surrendering that worry or concern to Him.
* Read God’s word:

***“Come to me, all you who are weary and burdened, and I will give you rest.”* Matthew 11:28**

***“Cast all your anxiety on him because he cares for you*.” 1 Peter 5:6**

* Be encouraged that Jesus is with you in that situation and He may even take the burden away completely.
* He will never leave you nor forsake you. He is your strength.
* As you walk away from the cross, leave your pebble and your burden with Christ!