Being
Grateful

Lent gives us the time to think about our relationship with God and others.

The relationship is about:

Faith, Hope and Love

The Bible says 'give thanks in all circumstances'.

Thankfulness begins with recognising goodness and beauty in people and in the world around us and being grateful for it.

Think of 3 things that you are grateful for today.

THREE THINGS I AM GRATEFUL FOR TODAY

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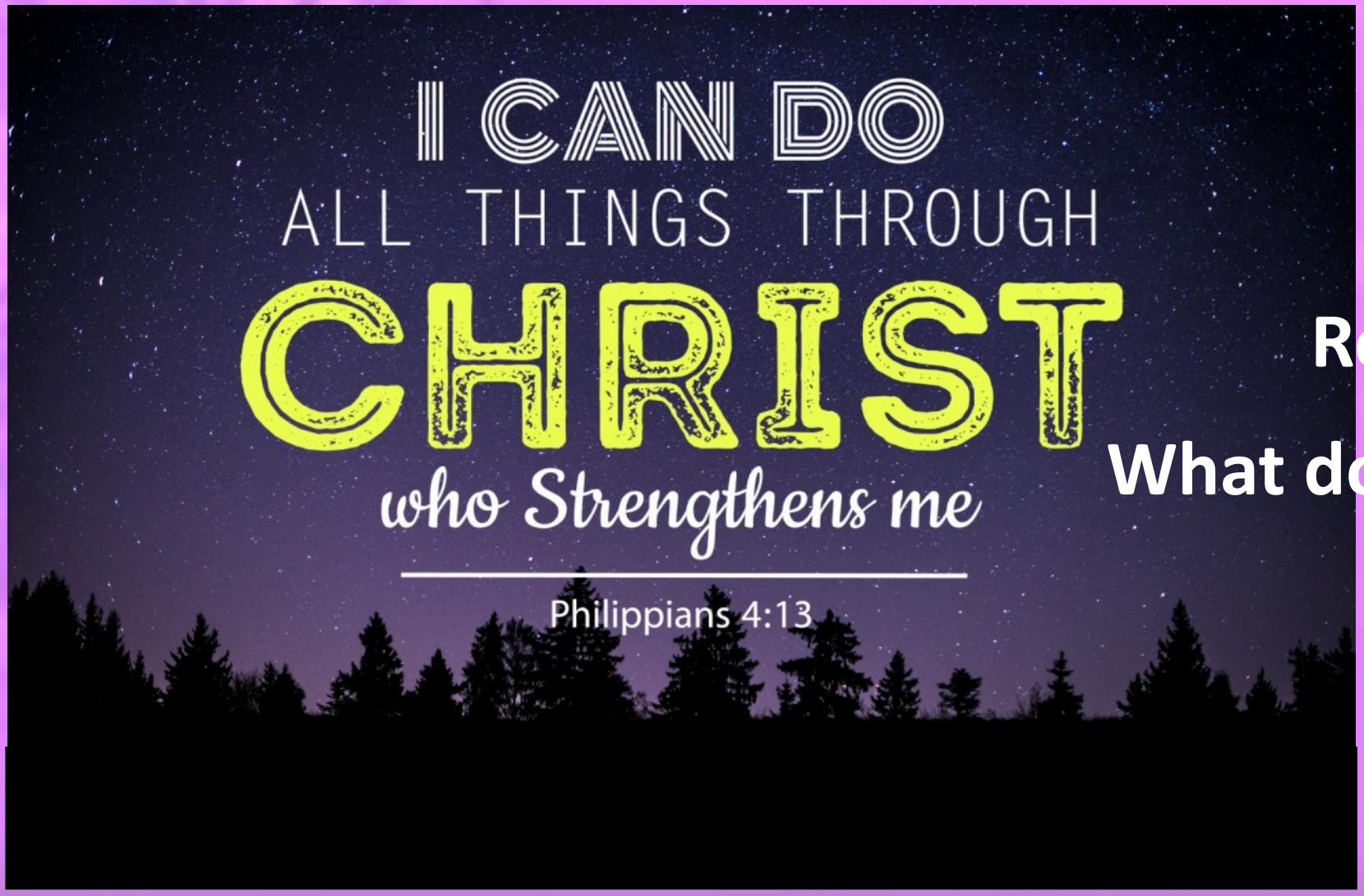
Working together and in unity makes us stronger.

It is the same with God.

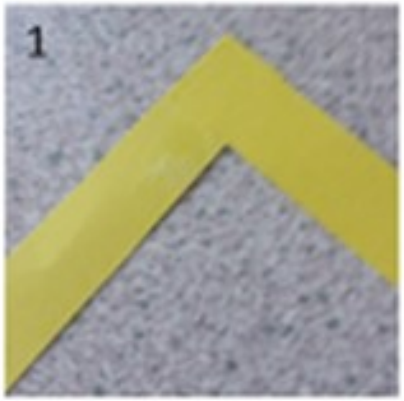


Read this

What do you th

The braid, made by weaving 2 coloured strips together, is a symbol of our lives being joined with God.
The paper becomes stronger when woven together, just as our life becomes stronger when we join with God and others.
Take a moment to think about when you might have needed to lean on God or other people for strength and how grateful you have been.

Make the braid



Glue the 2 strips at right angles

Glue 2 strips of second colour over the top

Fold colour 1 diagonally over colour 2 strips. Continue in this way to make the arrow braid.

5

Choose one colour to represent God and the other to represent yourself or someone you know.

As you braid the strips together, think or pray about when you have leaned on God or other people for strength.

Remember how grateful you were and be sure to thank them.