

Jesus said “the kingdom of God is within you” (Luke 17:20-21). This means that Jesus can **transform** our hearts. He wants to grow good ‘**fruits**’ in us, which will affect our friends, our families, and the world! The Bible talks about the ‘**fruits**’ of the **Spirit** of God being:



As you colour in the words, ask God how you can show some of these ‘**fruits**’ among your family and friends.

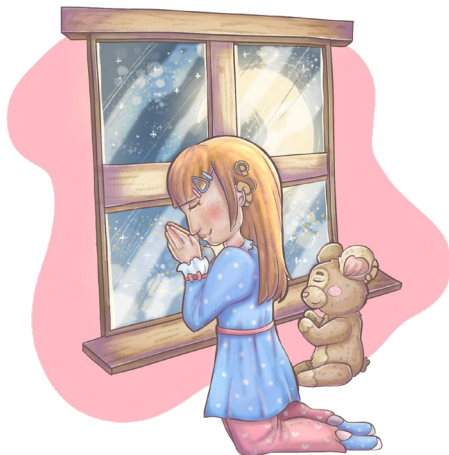
Jesus understands when we cry about things that aren't good. In fact, He cries with us too. One of the names for God's Holy Spirit is ‘**Comforter**’. Why not have a look at something in the news that is happening in our world. Write it in the newspaper here. Ask God to use people to make a difference for good in that situation. (Maybe you will think of something you can do too!)



*"GIVE US THIS DAY
OUR DAILY BREAD,..."*

It's good to talk to God about what we need.

In some places in the world, daily bread is still a basic need. We might have easy access to bread every day, but whatever our situation, Jesus is teaching that God is our **great provider** and we can talk to Him about the things we need.

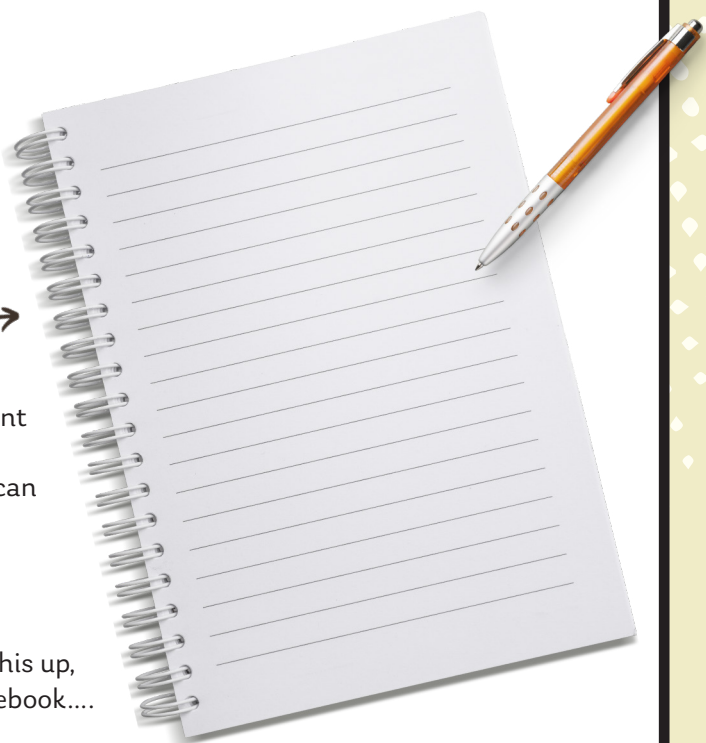


However, prayer isn't like a shop where you give your money (your prayer!) and get what you want (the latest Xbox game!). Prayer is about a **friendship** with God - talking to Him about all our concerns, and knowing we can **trust** Him to provide what we need.

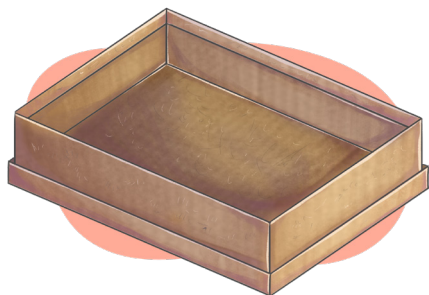
The Bible says
God **always**
listens, even if He
doesn't always
answer in the way
we expect.

Write down **here**
some things you want
to ask God for, with
the date. Then you can
look back on it and
reflect on how God
helped you.

When you've filled this up,
why not start a notebook....



Maybe you have worries that never seem to leave your mind?
Perhaps you could try writing them down and finding an empty
box to put them in.



As you write it down and put it
in the box, **remember** that you
are leaving the worry with God,
who cares for you.

'Cast all your anxiety on Him (God) because He cares for you.'
(1 Peter 5:7)

"AND FORGIVE US
OUR TRESPASSES,..."

Our 'trespasses' means the times we fail to live up to how God wants us to live - when we don't reflect His love as we should. Sometimes we call this our sins.

King David, who is remembered in the Bible as a really good king, realised he had done some very bad things. He wrote a prayer to God (Psalm 51) saying:



We can also ask God for a 'clean heart' when there are things we feel guilty about.

When Jesus was on the cross He said 'Father, forgive them', so we know that when we decide to say sorry, and mean it, we can be **forgiven** too.

WHY NOT TRY:

Is there something you need to say sorry for? Maybe you could find a place to wash your hands as you say a prayer asking God to forgive you. It's a reminder that God can make us clean on the inside! Maybe it involves someone you need to say sorry to as well. Make a decision to say sorry when you next see them, and put it right.



**"AS WE FORGIVE
THOSE WHO TRESPASS
AGAINST US..."**

It's great to know that God has forgiven us, but it can be hard to forgive those who say or do wrong things against us!

Jesus said:



**WHY
NOT TRY:**



Jesus taught His followers to 'love your enemies and pray for them'. This helps us to feel free in our hearts, and not carry burdens of anger and blame. Why not write on a piece of paper the name of someone you are finding hard to forgive. Then ask God to help you 'let go' as you tear it up and put it in the bin.