### **Gratitude**

Appreciate God for His Character, for who He is.

Appreciation for someone draws us closer to them.

You could also thank God for things He has done.

**Write things you are grateful for on the flower-shaped stickers and attach them to the tree with the paperclips.**

***Read Psalms 145 – A Psalm of praise***

**Forgiveness**

**1 John 1 v 9**

*If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Is there any sin in our lives that we need to bring to God and ask Him to forgive us?

Is there anyone we need to forgive ?; Letting go of both the wrong and the resentment?

Allow God to highlight anything He wants you to know; or anything He wants you to give up to Him.

**Drop a tablet into the jar of water and watch it dissolve. God Forgives us and our sins and resentments are dissolved away as God purifies us.**

**Cress Activity**

Choose an egg shell and carefully draw a face onto it.

Take a piece of cotton wool and dampen with some water.

Put the cotton wool inside the egg (so it is the top of its head) and put some cress seeds onto the cotton wool.

Take your cress head home if you wish to and remember to moisten the cotton wool when it begins to dry out.

Cress ‘Hair’ should start to grow. Once the hair cress is long you can cut it with some scissors and eat it in your salad or sandwich.

**Just like the seeds need water to grow, we all need the Holy Spirit to refresh us and help us grow and be more like Jesus.**