




We all know we need to wash our hands a lot more at the moment, don't we?!



In the story this week, we are thinking about being clean not on the outside, but on the inside. That's what matters to God.

All this handwashing can help us pray!

You can use this prayer if you like:

Holy Spirit, please help me to think of the thing or things in my heart that don't help me to live in the way God made me to live (like Jesus) and make me sad
Have a think and wait...

<p>As you put on the water and soap</p>		<p>I'm sorry for</p>
<p>As you wash off the soap</p>		<p>Thank you Jesus that you have washed these things away and forgiven me.</p>
<p>As you dry your hands</p>		<p>Please help me to make good choices and turn away from doing things that hurt me, you and others, like..... (you could even turn around now while you hold the towel to help you remember that you have turned away from something).</p>

<p>Now do a little dance!</p>		<p>Thank you Jesus that you have taken these things away and made my heart clean. Thank you that I'm free to be who you made me to be!</p>
<p>How could you pray when you use hand gel or hand sanitiser?</p>		<p>.....</p>

We all need to say prayers like this every now and then, but God knows that we need help and wants us to live our best life, that's why Jesus taught us to pray for forgiveness (a fresh start) when we pray.

For little ones...

Parents can let children see them praying their own prayers (out loud) and then help them to say a simple version, filling in the blanks as you talk e.g. "I'm sorry for..... Please help me to.....(together in a loud voice) Thank you Jesus!" while they do the actions.

