# Compassion - God’s Comfort When We Are Sad

## Those who are sad now, will be happy. God will comfort them.

This activity offers pupils an opportunity to think about and /or pray for people they know who are sad or unwell.

Equipment:

* A quieter corner of the prayer space
* A plain table cloth
* Glass nuggets the type sold for flower arranging in clear or blue

*These are widely avaible from shops such as Poundland, garden centres and online.*

* A plain flat dish

Instructions:

This activity offers pupils an opportunity to think about and /or pray for people they know who are sad or unwell. This may include people and pets that have died.

Some pupils may want to reflect on their own feelings of sadness and seek comfort for their own sadness. Team members should be alert to the fact that the school may not be aware of illness or bereavement within the pupil’s family. Also that the death or illness of a pet is often important for school aged pupils.

Scatter the glass nuggets on the table cloth around the dish.

Invite pupils to hold a glass nugget and think about anyone they know who is ill or sad. It may be that they themselves are ill or sad.

They do not have to say who that person is, but if they would like to tell the team member about that person they are welcome to do so.

While they hold it think about that person and if they would like to say a prayer for them. They could ask God to comfort them and help them to know that he cares about them.

Then put the glass nugget in the dish as assign of their thought or prayer.

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Look at the glass nuggets, they look a bit like tears.

Do you know anyone who is feeling ill or sad at the moment?

Maybe you are feeling sad.

Hold a glass tear while you think about that person. You could say a prayer for them. You could ask God to comfort them and help them to know that He cares about them.

Then put your glass tear in the dish as a sign of your thoughts or prayer.