Be Like a (Child

We have learned this week that God calls us to be like a child. In the activity for the heart, we took time to engage in a children's activity and feel the joy, love, and peace that filled our heart as we thought about some of our happiest childhood moments.

## Activity for the Mind:

For a moment envision Jesus sitting in front of you. He is clothed in a white garment and is reaching out to you saying "My Child, come to me. I will give you rest."

As a child of God what would you share with him as he welcomes you into his arms?

For a moment, sit with what you have written and envision Jesus just holding you. His arms wrapped tightly around you. Comforting you, laughing with you, celebrating with you, providing you with what you need for the moment you just shared with him. Feel His love. Let it radiate through your body. See His light shine from your heart, let it touch your arms, your legs, your shoulders, allow it to surround you, to strengthen you. Relax in it. Bathe in it. And SMILE for He is with you.

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