

Give all your worries and cares to God, for He cares about you

1 Peter 5:7

Think about your life as a backpack - what is in there that is weighing you down?
Write or draw them around the backpack.

Is there anything that has disappointed you?

Is there anything that you regret doing (or not doing)?



Is there anything that you are worrying about?

Is there anything that you are feeling sad about?

As you write and draw these things, talk to God about them.
Ask him to carry these burdens for you and give you His peace instead.
You might want to say sorry for something and ask God to give you a fresh start.