



When the Bible talks about our hearts, it's not talking about the helpful organ that keeps us alive, its talking about the centre of who are are; our thoughts, feelings and desires.  
What we love, what we choose to do, how we feel about people and about God.

How does your heart feel today?  
Draw your heart in between the two hands and decorate it.  
Then, take some time to reflect and answer the questions.



Someone I would like to  
have a soft heart towards is...



My heart feels heavy when...



I find my heart feels hard when...



Things that make my heart  
feel light are...

