**CREATIVE PRAYER - In the Bin**

Physically ‘throwing away’ rubbish can be cleansing and helpful, this can be mirrored by symbolically doing the same with any ‘rubbish in our lives’.

**How?** Write a short prayer saying sorry to God for anything which is on their mind.Have a few moments of silence in which people can quietly offer their prayers to God and then tear up the paper and put it into the bin.

**Materials**: Paper; pens; rubbish bin and explanation

**Instructions**

When we say sorry to God, God takes away all our wrongdoing and gives us the chance to make a fresh start.

Take a piece of paper and write down any ‘rubbish’ in your life. Maybe it is a past hurt, an unhealthy habit or an unhelpful attitude.

Reflect silently on this and ask God to help you throw it away.

As you tear up your ‘rubbish’ and put it in the bin, thank God for his help and forgiveness. Leave it behind and move into His freedom.

***“In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace that he lavished on us*.” Ephesians 1:7-8a**