

Finding God in All Things

Create your own sacred space using items that are important to you or that symbolise something for you. Use colourful cloths, candles and oil burners to create an atmosphere. Ask yourself the following questions:

Why is this item important to me?

Was God part of my life at this time?

Looking back can I see God was there in my life and in all things? Why/why not?

Five surprising places you can find God:

- ▶ At work/school
- ▶ In difficult relationships
- ▶ In our failings
- ▶ In loneliness
- ▶ During good times

Do you agree? Why/why not?

SECTION G | LESSON 77 | WORKSHEET 1

Keep a diary for a week and keep record of all the times you felt sad, lonely and stressed. At the end of the week reflect on this and ask yourself what God was trying to tell you. Then write down something positive and let all the troubles of that week all go.
