



# Week 16: Moving on 3

## #addewidagobaith #hopeandpromise



**You may want to say this prayer and fill in the spaces with your own thoughts and prayer.**

Dear God,  
Thank you that you are always with me.

Thank you that I can turn to you and ask for help anytime.

Help me to know that you are here with me and will be with me in the future.

I am a bit worried about (add your own prayer) please help me to trust that you will look after me.

I am really excited about (add your own prayer), thank you for all of the really exciting things that the future holds and all of the good times you have planned for me!

Amen

Welcome to part 3 of our Remembering Rainbows Resource!



Can you remember what the story we were hearing about over the past 2 weeks was called? It was called the Road to Emmaus. We found 2 followers of Jesus on the road to a place called Emmaus. They were sad as they had thought Jesus had died but a bit excited because they had heard some strange talk of Jesus appearing to other people. You may remember that we imagined them talking as they walked remembering the wonderful times they with Jesus and all of the amazing things he had taught them.

As the Followers of Jesus were walking they were joined by a man. The man asked them all about Jesus and what he had taught them. He asked them about the rumours they had heard about him being alive again and made some really interesting points about Jesus! They walked and talked for a long time on the road. As it began to get late they all arrived at the little town called Emmaus. The little group decided to get some food and carry on talking.

They sat down with the stranger to eat. Before they started, he asked if he could say a prayer of thanks to God for the food. When he did the 2 Followers of Jesus realised something! They knew this man! They could tell who it was! It was (drum roll please!!!)... Jesus! Jesus was alive, the stories were true!

Suddenly Jesus disappeared! The 2 Followers were left alone again. They were excited and happy and knew they needed to share this amazing story with others, so off they went eager and looking forward to what the future held!

Wow! These Followers of Jesus had been on quite a journey. They had walked and talked about their past, they had remembered all about Jesus and the adventures they had had with him and the amazing things he had taught them. Now it was time to move on. It was time to get going. It was time for more adventures!

For some of you it is time to move on. Time for a new school in September or a new class and teacher next year. Over the past 3 weeks we have remembered the wonderful things that you have done in school and have learnt from your special teachers, just like to Followers on the Road to Emmaus. Now it is time to think, like they did, about the future. You will take all that you have learnt and enjoyed with you. As we turn our thoughts and prayers to the future you could ask yourself the following questions:



- 1) What am I a bit worried about in the future? If you need to please talk to an adult about this, it can really help.
- 2) What am I excited about in the future? You may want to say the prayer on the first page filling in the gaps with your own prayers?
- 3) If I could thank my teachers what would I say?

## Activity Idea

You may have already made a memory box last week? Why not write to yourself or God or both? You could include all the things that you have thought about over the last 3 weeks of this Rainbow Resource.

You could include your best memories of school, what you have learnt, a bit about your favourite teachers and perhaps some of your concerns and things you are excited about in the future.

Why not put it in your memory box and open it at the end of term next year? Who knows what fun you will have had and exciting things you will have done?

But please know this.

God is with you and God loves you – whatever the future holds.



# Follow us on twitter @churchinwales



@diostasaphedu

@pobldewi

@esgobaethbangor

@llandaffed

@swanbreced

@apmdaly