Autumn Leaves

As the seasons change, the trees change. Leaves change colour and eventually they fall to the ground. In the Spring, trees use the leaves that have become part of the soil to help them grow. People go through seasons too. Some things come to an end, and others begin, but the change can be difficult.

Often, Christians find comfort in knowing God is always loving and present in their lives, giving them strength in all seasons, especially during times of change.

What's changing for you? School? A friendship? Family? Or is there something you want to change and make better?

If you would like to, write or draw about something that's changing for you onto a leaf and add it to the tree as a prayer or reflection.