Freedom

Freedom. We all want it. But sometimes we can feel held back by many things.

Christians believe that God wants us to be free and not hold back.
Take a moment now to think about the things that you feel are holding you back.

If you would like to, make a paper chain with three loops together. Now write or draw on the middle loop something that you feel is holding you back.

Once finished writing, put one wrist in each cuff on the edge (or hold each end) and then either pray to God or reflect about not being held back by those things anymore. When you feel ready, tug your hands apart and rip them, releasing freedom.