Springs

A spring is a natural well - a source of water that travels from deep in the ground and bubbles out at the surface. It goes on a journey to its destination, usually towards a river, a lake or the sea. Our lives can be constantly changing too and sometimes we need to take time to be calm, slow down, appreciate and be thankful for what we already have.

Many Christians believe that it is important to take time during their day to be still and speak to God about what is going on in their lives.

When do you have time to stop, be calm and relax?

Find a comfortable place, listen to the calm music and pick up a calm jar. Take this time to be still, reflect and, if you would like to, pray inside your head. You can also take a stone and place it onto around the spring as your stepping stone to journeying towards taking more time to be still.