The Cross

Christians believe that the cross is a very special place, where Jesus showed his love for everyone. Here, Christians believe that he died so that we could be forgiven for the things that make God sad.

At times, we all do things we regret, such as arguing, or being unkind, or thinking of ourselves instead of others.

If you would like to, think about things you've done that you feel sorry about. Then write a sorry prayer or thought on a post-it note and stick it to the cross. Sit quietly, think about being forgiven and making a new start.