The Empty Chair

When someone that we love leaves or dies, they leave a gap in our lives. We miss them. Christians believe that remembering can help them with their sad feelings and think about happy memories.

Is there someone that you miss?

If you would like to, you can write the name of the person onto one of the labels and attach it to the chair. Say a quiet thank for the good memories that you have of them. If you want to, you can talk with God about your sad feelings too, or an adult that you trust.

Take your time. You are welcome to talk to an adult afterwards if that would be helpful for you.

The Empty Chair

I look for you
But you're not there.
Instead,
There's just an Empty Chair.

As people laugh-
You would have too,
But you're not here.
And I miss you.

I think of favourite memories
Of times we spent
Just you and me

Your face, your smile,
Your favourite stuff.
At times like these
It's really tough.

I'm thankful
For the fun we had,
But right now…
I'm just feeling sad.

So, I'll turn
My sadness into prayer,
As I look
At your Empty Chair.