The Wheelbarrow

Farmers sometimes use wheelbarrows to move rubbish from one place to another, clearing space on their farms.

We've all got rubbish in our lives, not just 'outside' rubbish like broken things and old clothes, but 'inside' rubbish too…shame, disappointment, failure or hurt. Christians believe that God can help them to clear out all the junk from their hearts by asking for His help and power to do this.

What 'inside' rubbish are you carrying around? What do you need to clear out?

If you would like to, you can write or draw about your 'inside' rubbish onto a piece of paper, and then screw it up and throw it into the wheelbarrow. You could pray or reflect on getting rid of it.