

TOUCHING HANDS



Have you ever found yourself doubting something or someone? In situations like these, it is nice to find someone whom you can rely on and find reassurance. Jesus was not angry with Thomas when we doubted that he was alive instead he gave him a second chance. He wants us to talk to him in prayer about our doubts.

- Take some time to think of moments when you had doubts about God's love.
- Fold the A4 paper and place your hand in a way that the thumb and pointer are touching the folded edge and draw the outline of your hand.
- Cut around the outline you drew, open the paper, and draw two small hearts at the centre of each palm to remind you of the wounds of Jesus.
- Write or say a prayer to Jesus to help you believe that he is with you even when you feel he is far.