

**This Week's Worship: Manna and quail**

**Opening**

Wherever we come together,  
**God is with us.**  
**God is here.**

We come together to say sorry  
We come together to say Thank you  
We come together to ask for God's help  
We come together to hear God's story  
We come together to celebrate God's love.

Wherever we come together,  
**God is with us.**  
**God is here.**

**Saying Sorry**

*Hold onto a stone and think about things that you have done this week you would like to say sorry for.*

God loves us and forgives us when we are sorry for wrong things we have done.  
For times this week when we have made others sad.  
**We are sorry.**

For times this week when we have not helped others  
**We are sorry.**

For times this week when we have not looked after your creation,  
**We are sorry**

For times this week when we have been selfish  
**We are sorry**

*Put the stone in a bowl of water*

As we leave these things behind, may God forgive us and give us a new, clean start today.  
**Amen**

**Saying thank you**

*To join in you will need: some slips of paper, some pens and an empty jam jar (you can join in without this for the first few weeks but can then join in when you have had the time to put some things in the jar!)  
Ask each person to draw or write down on one of the slips something they would like to say thank you for and put it in the jar. As we pray, pull a slip out of the jar and say thank you for what is written on it.  
Continue to fill the jar during the week.*

God, you are amazing and you have given us good things. We thank you for all your gifts to us.  
Thank you for...  
Amen

Thank you for...  
Amen

Thank you for...  
Amen

*Continue until everyone has had a chance to say something.*

### **Story and response**

Listen to this week's story or read a story from the Bible. This week's story is from Exodus 16

I wonder which part of this story you liked the most?  
I wonder what surprised you about this story?  
I wonder what this story makes you feel?  
I wonder where you are in this story?  
Do you wonder anything about this story?

### **Prayers**

Sometimes, when you are worried or upset, it's hard to trust that there is someone who will give you the help that you need. The People of God feel that they have been let down. Why did they escape across the sea if they are going to die of hunger? God hears their worries and shows them that they can trust him to give them everything they need.

You will need: a straw, a piece of paper about 6cm x 3cm, sellotape, felt tip pens

On the paper, write or draw something to do with the help you need. It might be help with something you are scared or worried about.

Next, roll the paper tightly round a straw (the long straight part rather than the bendy part!) and secure it with sellotape. Fold the top of the paper over and secure it with some more sellotape. The paper will now have made a sealed pocket around the top of the straw.

Talk about releasing prayers to God and trusting in Him to give you what you need. Say a short prayer, giving your prayers to God and then blow on the free end of the straw. Watch the prayer rocket fly as you release your prayers and trust that God will help you or bring you someone who can.

**Pray: God, thank you that you want the best for us and are always there with us. Help us to give our worries and fears to you and to trust that you will give us what we need. Amen.**

### **Close**

Wherever we come together,  
**God is with us.**  
**God is here.**

May God bless us.  
May we know that we are loved  
May we know that we are cared for.  
May we know God's hope.

**God is with us**  
**God is here**  
**Amen.**

*Extinguish the candle.*