

'Mirror moments'

How long do you spend in front of the mirror?!

How about a different type of reflection.....

How much time do you think about who you are and what is special about you?





.....or do we spend too much time thinking about how we wish we were different?



....or do we hide
how we feel
about ourselves
from others by
not talking about
it?

Perhaps we
spend a lot of
time thinking
about what we
were like in the
past?



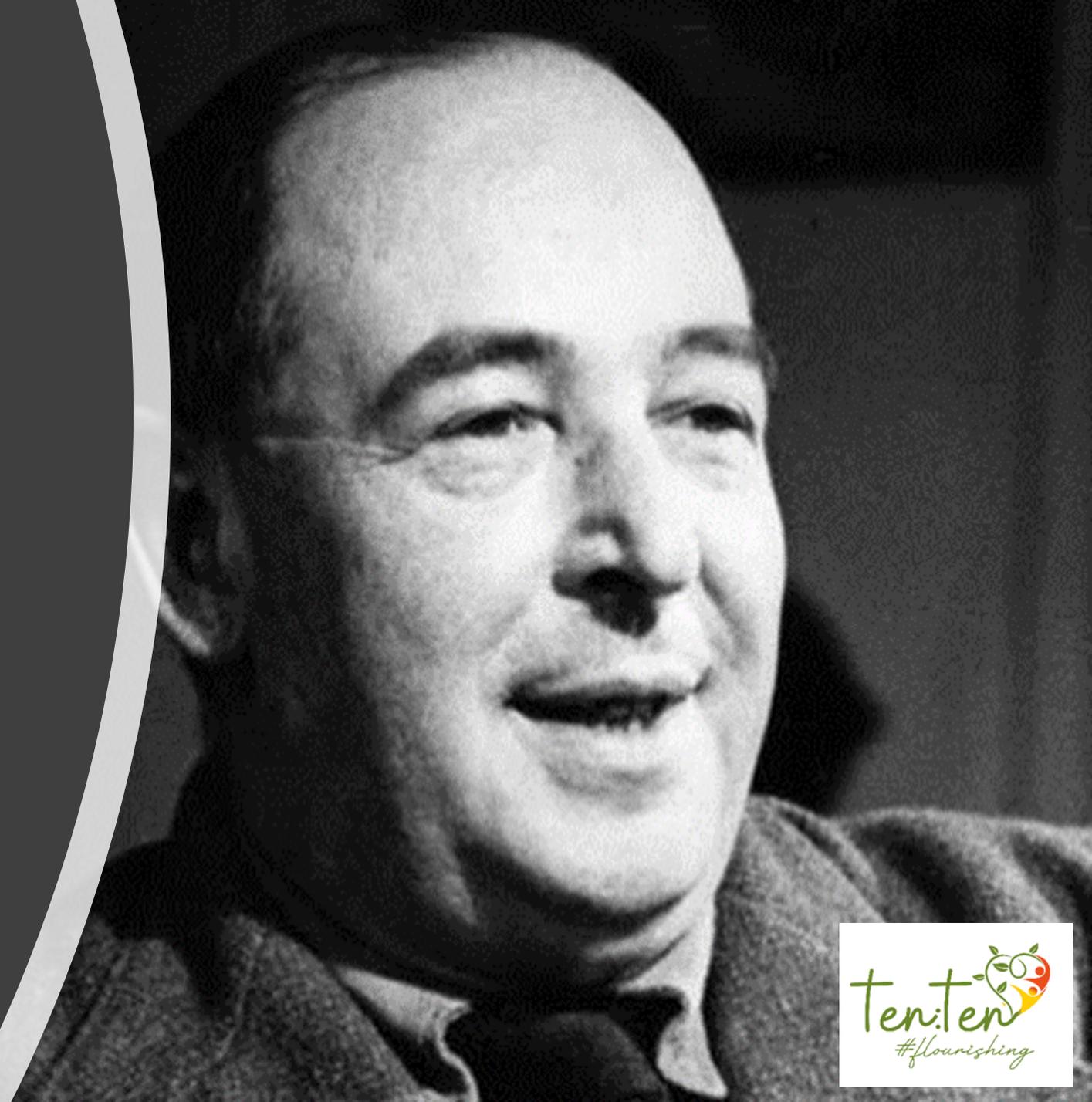


.....or about what we
hope to be like in
the future?

The famous author CS Lewis said,
'Though our feelings come and go,
God's love for us does not'.

Christians believe that we can all
experience God's love all the time. We
may have feelings about ourselves and
others that change from time to time,
but in God's eyes we are all special and
unique creations worthy of his love.

Remember – you are unique and
special!



Dear Lord

We thank you for making us the way we are and giving every one of us unique qualities. We ask you to help us in our weaknesses and to stand by our side to face our fears. Be with us in our happiness and joy and help us to help others know that they are special too.

In Jesus' Name

Amen