

Separ ation

Ever felt separated or alienated or different or rejected?

Everyone faces times of difficulty and separation. Sometimes God actually does us a favour by breaking off relationships and bad habits - to help us grow to become more like him. So separation isn't always bad, although it often feels that way.

The good thing is that God is with us to help us all day every day. It's not always what happens to us - it's how we respond to the things that happen in life that's important. Always go to God!

1. Is there anyone you need to forgive? Talk to God and forgive them now.

2. Is there anyone you need to get right with? How can you do this?

3. Do you feel angry or bitter and twisted inside about anything? Ask God to show you anything and then say sorry, ask God to help you get rid of that bad emotion!

4. If you don't need to forgive others, how can you be a peacemaker and help people not to fall out and not to forgive?

5. Is there anyone you can pray for and help practically? How can you do this?
