



Message in a bottle

- ◇ Equipment: Empty Bottles (clear glass is best), paper, pens
- ◇ Set up: Wash and dry the empty bottles
- ◇ Instructions: Have you seen a movie where someone is stranded on an island? Sometimes, to ask for help, the person might put a note into a glass bottle and then throw it into the sea, hoping that someone else will find it and come to rescue them.

What do you need help with today?

If you want to, write your hope or prayer for help onto one of the notes and then put it into the bottle.