



*Together we can make a difference*

## **Daily Reflection Monday 11<sup>th</sup> May**

**It is a very difficult time at the moment for everyone. Everyone is worried about things and this is a normal reaction to the CoVID-19 pandemic. Worrying is part of being human but it can get out of control and overwhelm us.**

**I wonder what you are worried about? I wonder who you share your worries with?**



Today in our reflection we looked at footprints on a beach. How many people are there?



Mary Stevenson wrote a poem called 'Footprints in the Sand'. You can find the poem here <http://tinyurl.com/69t6t8>

In the poem it is explained that when there is only one set of footprints that is when God is supporting us by carrying us through the hard times.

During this difficult time for us all we all need to try and help each other and be there for each other when times are hard.

Dear God,

Thank you that you love us through the good times and hard times.

Thank you that you promise to be with us in times of difficulty.

Help us to remember that you are always there supporting us and help us to care for others around us.

Amen.