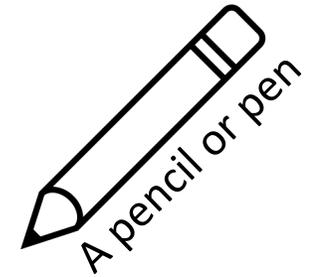


# Love in a Bag

The trail is designed to be used outside only discovering the things around. Some people like to add a Muddy Church bag as well so here are a few ideas that you could include.

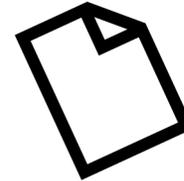
Print out some heart labyrinths onto cardboard or waterproof paper



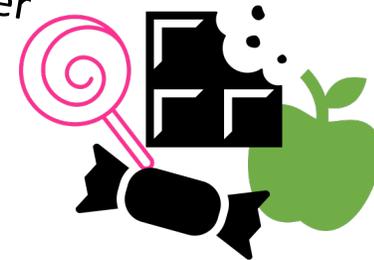
Some wool and maybe a threading pattern or a heart that can be wrapped



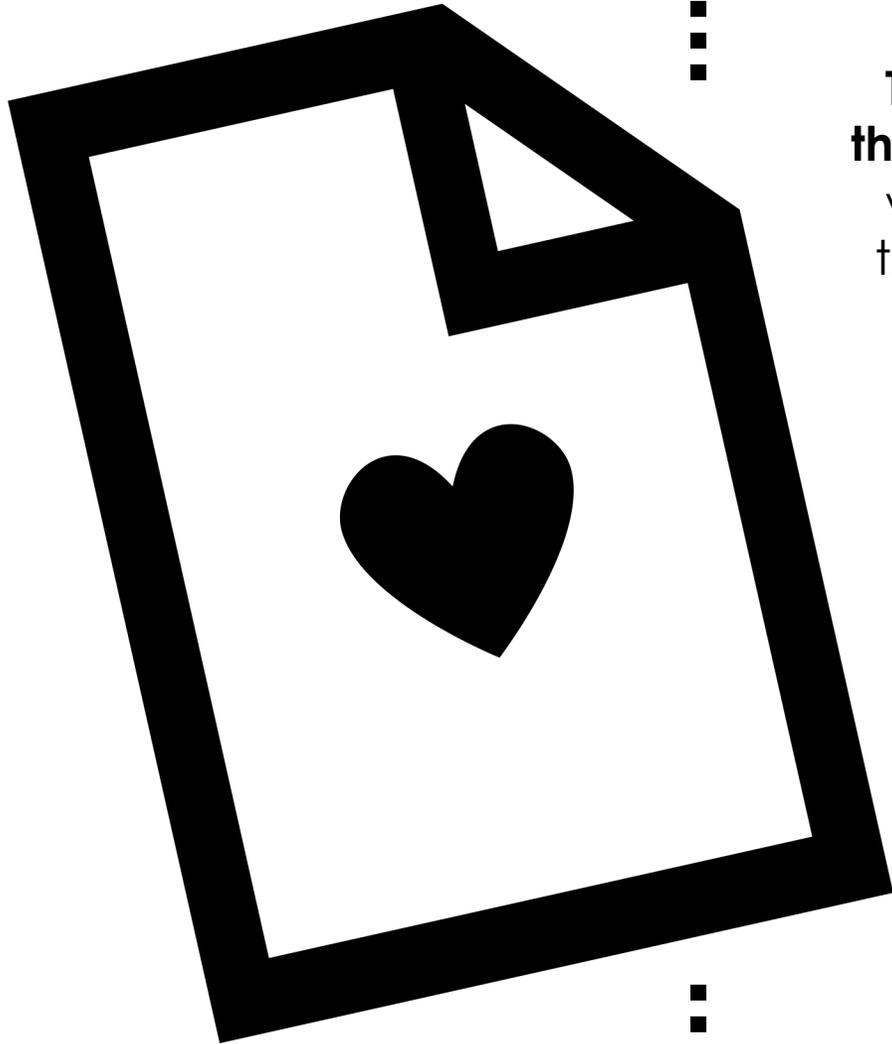
Some seeds



Some paper

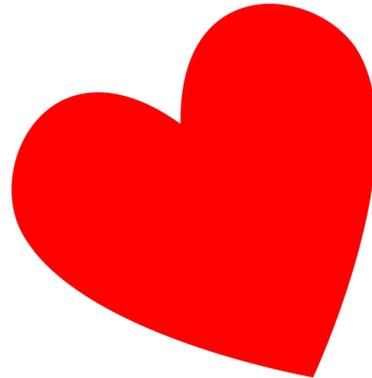


& maybe a few treats or goodies!



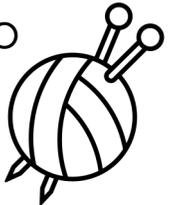
# What you will need:

The trail is designed to be used outside only discovering the things around. Some people want 'stations' or pausing places where people can add an activity with their reflection. This trail offers three wandering sheets and three activity spaces.



Some cardboard hearts

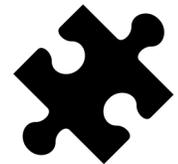
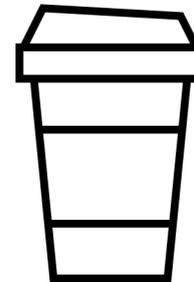
Some wool cut into pieces to wrap around the hearts



A paper cup or pot



Some seeds & soil



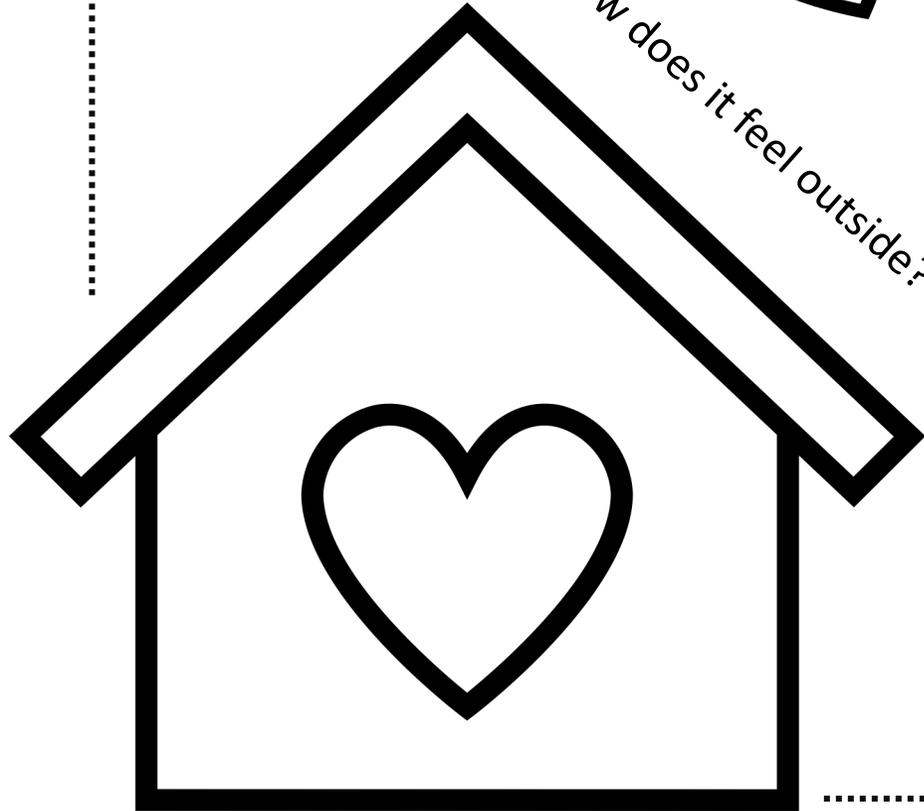
A jigsaw

# As you step outside, where can you see love?

The heavens declare the glory of God;  
the skies proclaim the work of his hands

Psalm 19:1

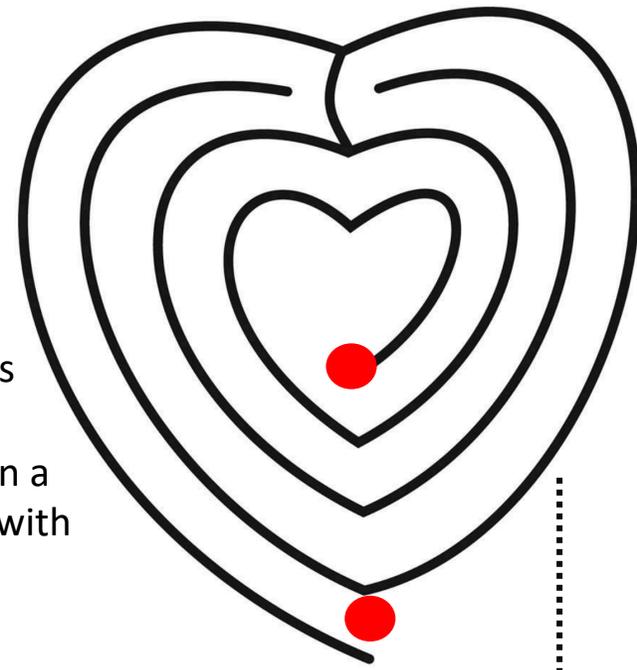
How does it feel outside?



## Heart Labyrinth

The difference between a maze and a labyrinth is that there is one pathway. A labyrinth isn't designed to puzzle or stop you but to lead you on a pathway to the centre. You can follow the path with your finger and reflect on what things bring you close to God's heart?

You could create your own labyrinth from sticks, stones, twigs...



As you take a step try and name things you love...  
You could try the A-Z of what you love.



**Muddy**  
Church

can you see any buildings that look unloved?



# WHAT WRAPS AROUND YOUR HEART?

Take a cardboard heart and some wool.

Begin to wrap the heart with the wool.

Each time you wrap the heart think of someone you are grateful for.

# Can you see anything that is broken?

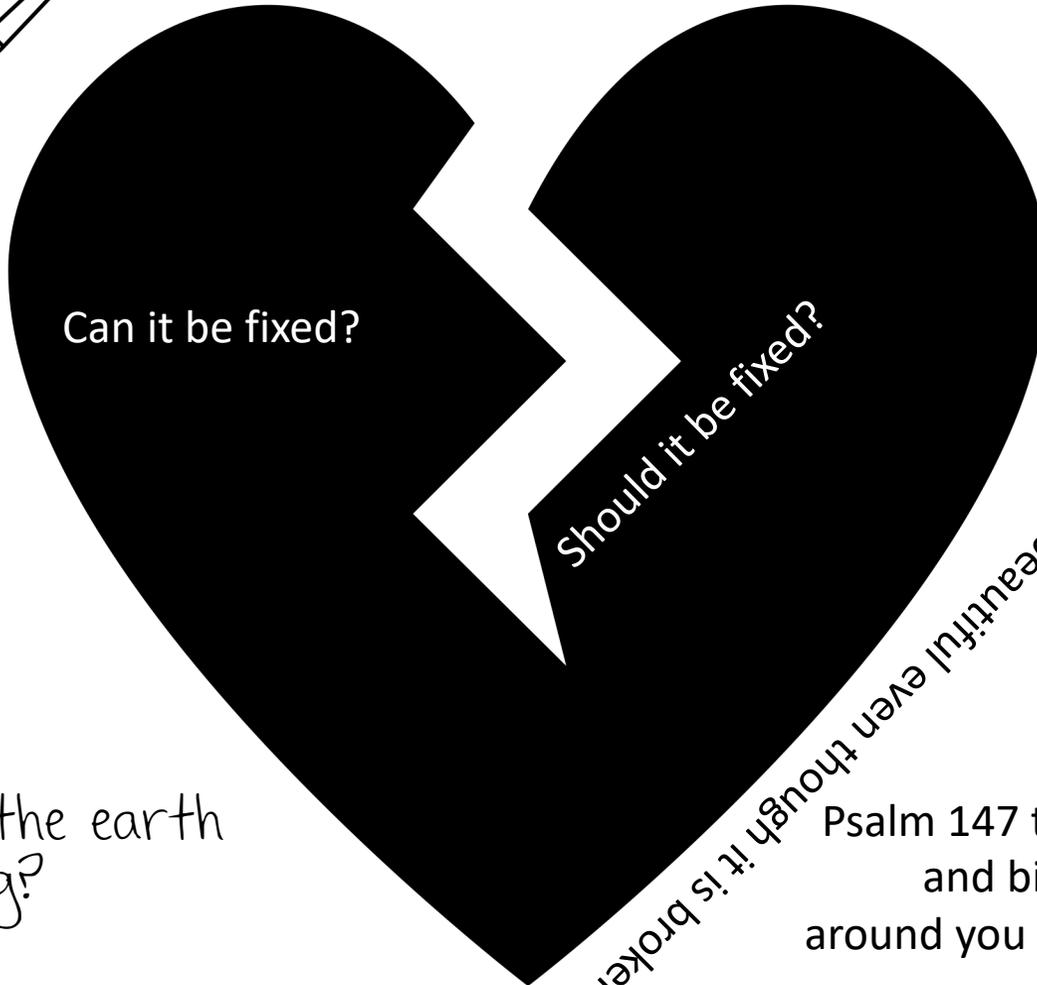


Sometimes things become more useful when they are broken.  
• Some things become beautiful in a new way.

In Japan they fix broken pottery with gold this is called Kintsugi and chooses to show that cracks and breaks are part of the history and the beauty.



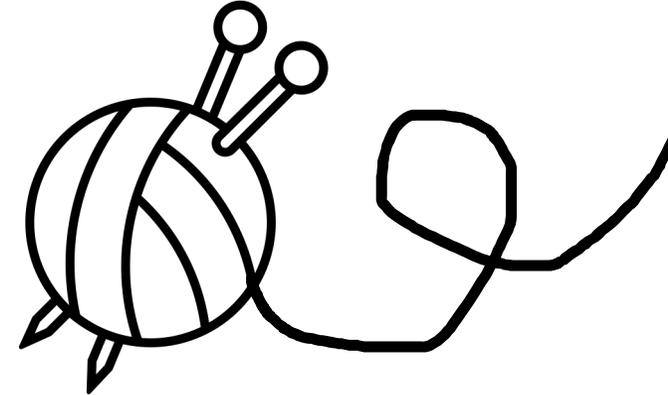
As you step can you hear the earth breaking, shaking or moving?



Is it beautiful even though it is broken?

He heals the broken hearted and binds up their wounds.

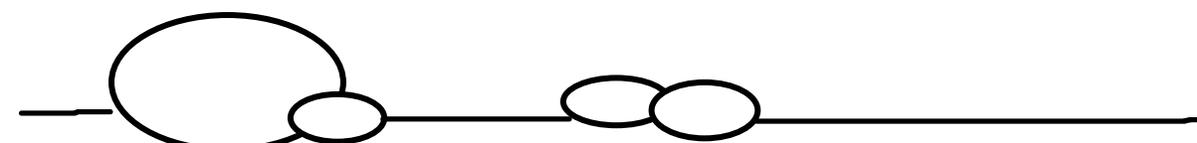
Psalm 147:3

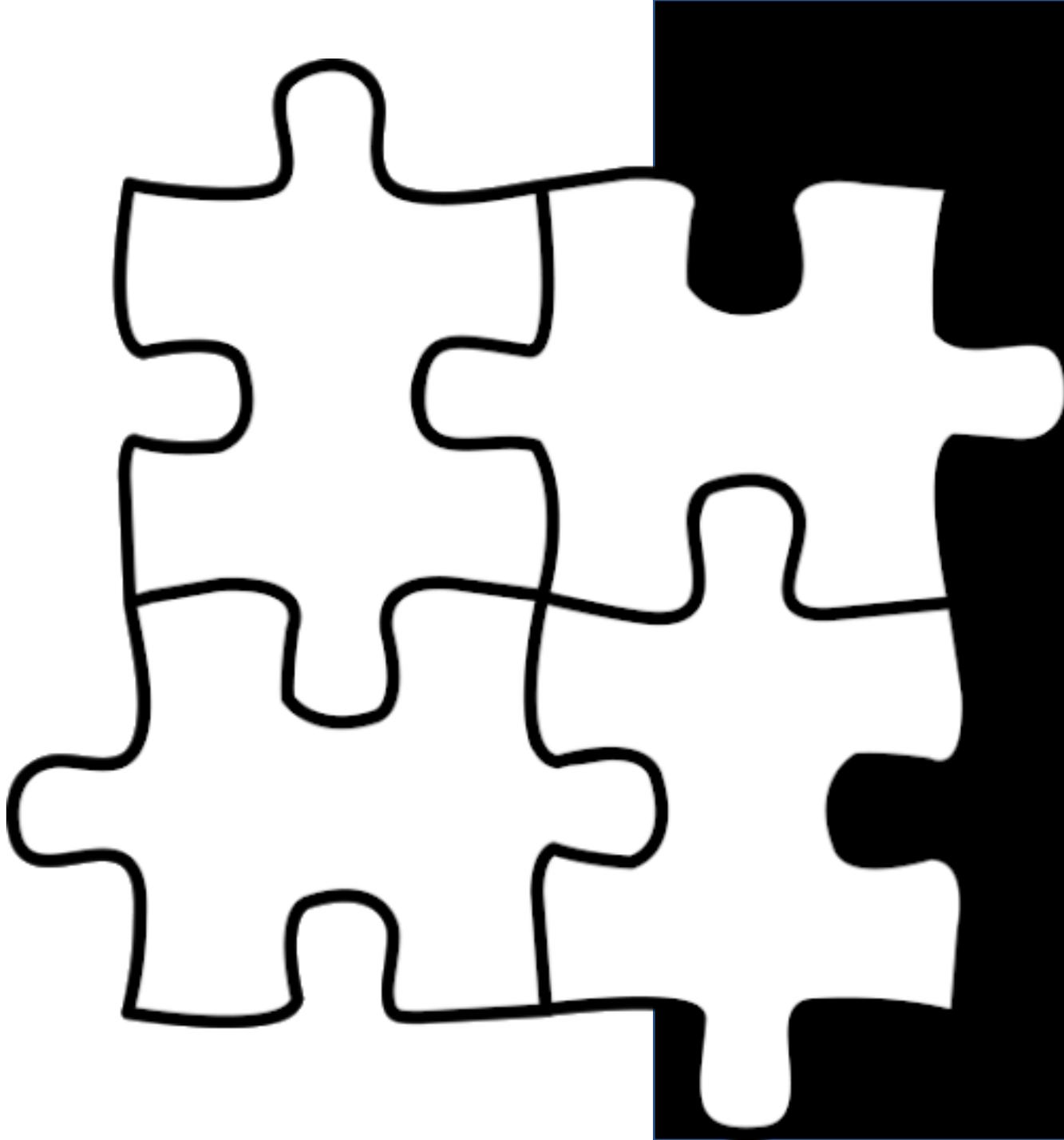


What might have broken it?

Psalm 147 talks about God mending our hearts and binding them back together. Imagine around you where God might want to use some golden thread to repair and heal.

I wonder what God is fixing?





# EVERY PIECE

Can you add a piece to the jigsaw? What will it become and what is missing?

Every piece is important, just like every person and every act of love. As you add a piece think of what difference you make.



# Growing in love...

Can you find things that  
have been growing for  
a long time?  
Do you think they get  
tired of growing?

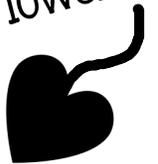


What can you see growing?  
Does it look happy?

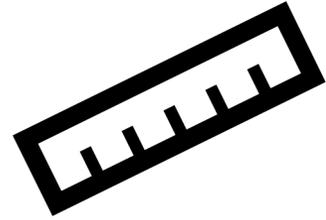


I wonder if God grows?

Can you find any heart  
shaped leaves or flowers?



Can you see new  
things growing?



What's the biggest thing you can see growing?

Some science studies have been done that have shown that plants grow better when you talk or sing to them, and even more when kind and loving words are said.

# Growing in love....

Add some soil to your pot and plant some seeds inside.

As you put the seeds in the pot think about the areas of your life where you would like to see love growing.

Cover the seeds and sprinkle some water on.

Put your plant in some sunlight and keep watered as you watch the seeds sprout.

As you water and watch your plant keep remembering those areas, hopes or prayers you planted.

