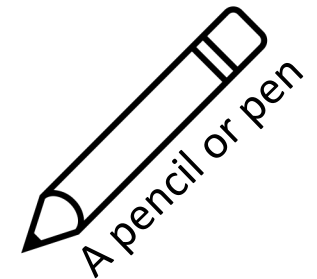


# Love in a Bag

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.

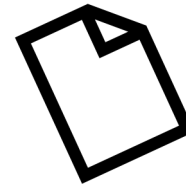
Print out some heart  
labyrinths onto cardboard or  
waterproof paper



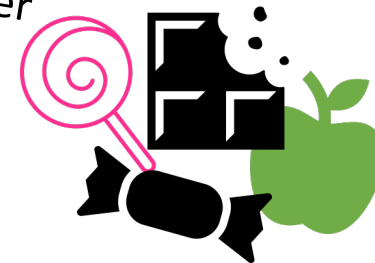
Some wool and maybe  
a threading pattern or a  
heart that can be  
wrapped



Some seeds



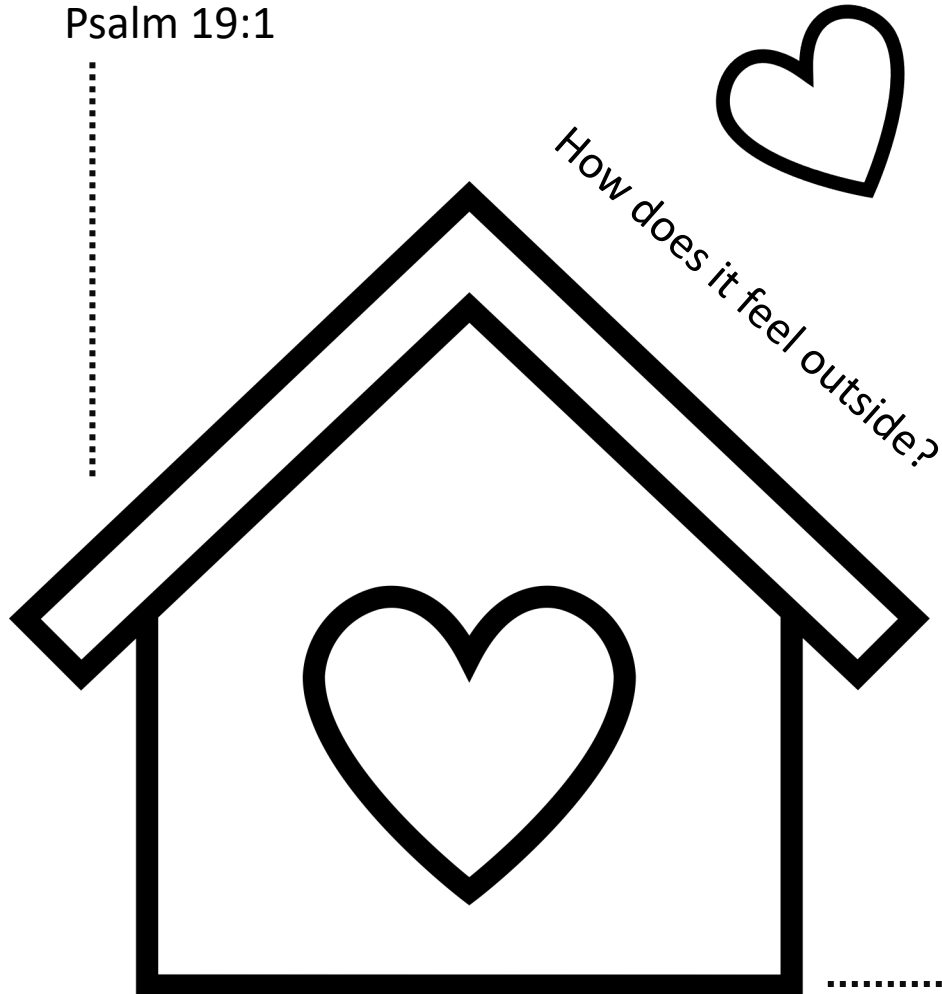
Some paper



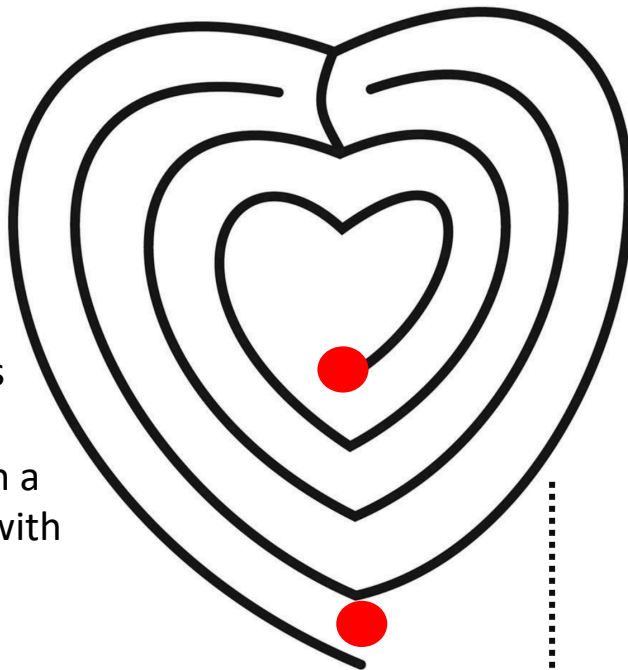
& maybe a few  
treats or goodies!

# 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



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.



can you see any buildings that look unloved?

# 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?



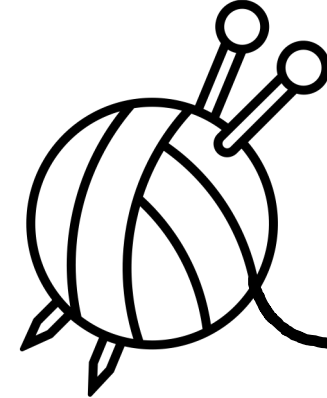
Can it be fixed?

Should it be fixed?

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?



# Growing in love...

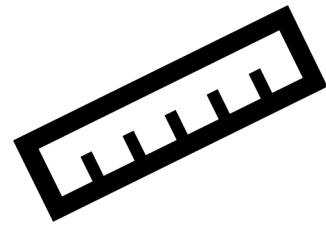
Can you find things that  
have been growing for  
a long time?  
Do you think they get  
tired of growing?



What can you see growing?  
Does it look happy?



What's the biggest thing you can see growing?



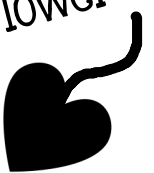
Can you see new  
things growing?



I wonder if God grows?



Can you find any heart  
shaped leaves or flowers?



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.