

# Shedding the Leaves



Autumn can be a sad time, with trees losing leaves and cold weather coming. However, fallen leaves can also be used to represent hope and new beginnings, a sign of having cast off the old ways and looking forward to the promise of new growth and life.

Spend some time looking at the autumn leaves at the base of the 'tree'.

Thank God for the things He has already helped you shed from your life, which were stopping you walking closely with Jesus.

Pray for the things that you would still like to shed. Pick up a leaf and hold it as you pray. Give to God whatever is holding you back it might be:

- something you're scared of
- something you feel bad about doing
- something that has hurt you
- a bad habit
- something you believe that's not true (like "I'm rubbish" or "no-one likes me" ...)

Ask God to give you the strength to 'shed' these things. Then put your leaf down by the 'tree' as a sign of letting go.

Pick up a small card leaf to keep as a reminder of your prayers.