

# CARE

Looking after people that you care for can be difficult. When should we give advice and what should it be? Practical care can only be given when someone is willing to accept it. Many people find prayer a good place to start when considering how to help.

**Rainbow Hand Prints** - Paint your hands and make a print. Use different colours to represent people. On each hand write the names of people who care for you and for whom you care. Pray for each person in turn over the next few days giving thanks.



Near the end of a day, or perhaps before tea one evening, share your thoughts as a family about how this activity helped you. You could share your thoughts by phoning a friend or messaging someone adding your image. You could also say this simple prayer.

**“Thank you God for people who show they care for us.**

**Help us to know when and how we should help our family, friends and strangers. Amen”**

The book of Ruth, in the Old Testament, is only four chapters. It is one of my friend's favourite books in the Bible. The passage below is one of the most familiar passages from the whole Bible.

1:16 - But Ruth replied, 'Don't urge me to leave you or to turn back from you. Where you will go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the LORD deal with me, be it ever so severely, if even death separates you and me.' When Naomi realized that Ruth was determined to go with her, she stopped urging her.