'Let all that you do be done in Love' Lighting of the Candles Peace of the Lord be with you



And also with you

Welcome Words We light three candles in the name of:

God the Father whose promises are **true**,

God the Son who **trusted** his Father's promises and God the Holy Spirit who gives us faith to **trust** God today.

## Trust

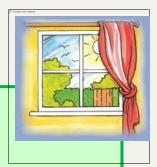


My God is my strength in whom I trust Psalm 18:2

And he is with you wherever you are. (Al Qur'an 57:4)



## Trust is...



### TRUST IS....

Taking someone at their word **R**elying on someone to support you **Unbreakable promises** Showing that you can be TRUST trustworthy **T**reasuring good friends





# What does it mean to be trustworthy?

# Are you someone who can be trusted?



# In the Bible there is a book of wise sayings called Proverbs. Here is one of them.

'No-one who gossips can be trusted with a secret, but you can put confidence in someone who is trustworthy' Proverbs 11.13

Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Ephesians 4:29 NLT



ONE

WORD

#ANTIBULLYINGWEEK



# How do we decide what is news and what is gossip?



Is it true? Is it kind? Is it helpful? Is it anything to do with me?



Don't waste your precious energy on gossip.



#### What else does the Bible say about gossip?

Colossians 4 verse 6 – 'Choose your words carefully.'



Matthew 12 verse 34 – 'For the mouth speaks what the heart is full of.'

James Chapter 3 – 'It takes only a spark to start a forest fire! The tongue is like a spark. Creatures can be tamed. But our tongues can get out of control.'

## Reflecting



STO

STO

GOSSIP

Being trustworthy can be difficult. It's always tempting to pass on gossip, especially when we think others will want to hear it. We need to remember it only takes a spark to start a forest flame. STOP STOP STOP STOP STOP

Gossip is the same. It spreads quickly and is hurtful to people



# Reflecting



Once spoken, gossip and hurtful words, like the squirty cream, spread quickly and cream, spine taken back. Let's stop and think for a moment about GOSSIP STOP how we can try to STOP STOK STOP be trustworthy

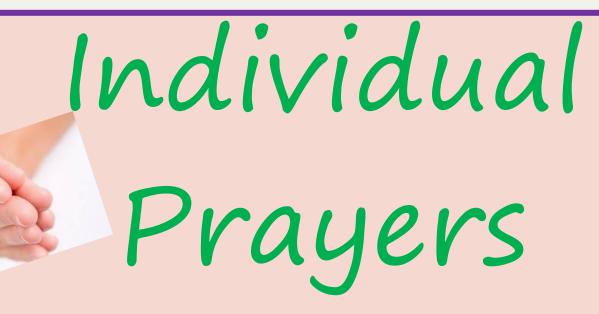






Gossip is like the squirty cream that quickly spreads out of control.

- Dear God
- You are always there to remind us of the right thing to do
- Thank you God that we can trust in you
- Gossip is news that has nothing to do with us. It spreads bad things about people.
- Sorry God for the times when we have spread gossip
- Help us not to spread gossip so we can be trustworthy and people don't get hurt Please God help us not to spread gossip
- Amen.

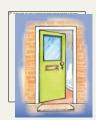




.....In Jesus name. Amen



## Challenge and Response Prayers



#### TRUSTWORTHY

We have thought about how powerful 1 <mark>tsp</mark> = 1 teaspoon thank you - <mark>s</mark>orry - please our words are and how hurtful they can be when we gossip. Could you use your kind and thoughtful words to create a prayer to remind us to talk to God, who we can always **trust**? To say **Thank you** that we can always **trust** in him To say **Sorry** if we have made wrong choices To say **Please** when we ask for his help

### Blowing out the Candles Peace of the Lord be with you



### And also with you

May the grace of our Lord Jesus Christ (hold out hands to receive) And the love of God (cross arms on chest) And the fellowship of the Holy Spirit (hold hands with neighbours) Be with us all, evermore. Amen (raise hands in the air together)