



Hope Rope



Equipment

- Long piece of rope, string, ribbon, thread or similar



Set up

- Tie lots of loose knots along the length of the rope/string

Instructions

- Sometimes people say that they feel 'knotted up' inside with worries and anxieties. What are you worried about right now?
- Pick up the rope/string and slowly untie the knots as you think about your worries. Imagine your worries becoming untied too. As you do this, you might like to pray and ask God to help you untie your worries and give you hope instead.

