

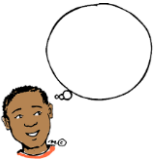


# Message in a Bottle



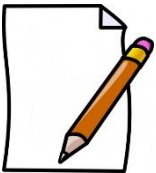
## Equipment

- Empty bottle (plastic works well but clear glass is best), paper, pens



## Set up

- Wash and dry the empty bottles



## Instructions

- Have you seen a movie where someone is stranded on an island? Sometimes, to ask for help, the person might put a note into a glass bottle and then throw it into the sea, hoping that someone else will find it and come to rescue them.
- What do you need help with today?
- If you want to, write your hope or prayer for help onto one of the notes and then put it into the bottle.
- You could say a prayer to God as you are doing this asking him to be with you and help you.