

## Isaiah 66:13 Mother God

Watch "A Mother's Love" animation by Little Light Puppets  
<https://youtu.be/73LZe3AvmQ0?si=gjsObU2tiDvSdqro>



Focus on hugs:

Hug someone – it could be a hug flash mob where a few of you hug someone. Hugging someone for 20 seconds or longer releases endorphins which make us feel comforted and loved. Do be aware that some people don't like to be hugged.

Make a hug – lie on a big piece of paper with arms out and get someone to draw round the head, arms and torso. Colour it in and send the hug to someone you care about.  
 or draw a person with outstretched arms on some paper and colour it and cut it out. Send to someone you care about.



A prayer for when you need comfort:  
**Jesus, help me feel comforted.**  
**Amen.**

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## Bible Reading – Isaiah 66:13 Mother God



I will comfort you there in Jerusalem  
as a mother comforts her child.

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What does the word “mother” mean to you?

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