**Regret and Loss**

***A picture containing cup, table, drink, coffee

Description automatically generatedWhen you go through deep waters,  
I will be with you.  
When you go through rivers of difficulty,  
you will not drown.  
When you walk through the fire of oppression,  
you will not be burned up;  
the flames will not consume you. Psalm 43:2***

**This is an opportunity to reflection on the things that you wish had gone differently in the last academic year. Then to give those feelings of regret and loss to God and leave them with Him.**

**Think back over the last academic year.**

* ***Is there anything that you think “I wish I had……”?***

**This could be something that you or your pupils missed out on because of the Coronavirus, it might be an opportunity you didn’t take, or something that you wish you had done differently.**

* ***Is there anything that you think “I wish I hadn’t……”?***

**This could be something that you said, or something that you did.**

* **Think about these regrets and losses, you may want to pray about them, or you may prefer to spend some time acknowledging those feelings and thinking them through.**
* **When you have finished thinking or praying take your piece of vitamin tablet and drop it into the clear water.**
* **Watch as it fizzes and dissolves.**
* **As you see the tablet get smaller imagine that these are the things you regret or have lost watch them getting smaller as God helps to take them away. We can leave the regrets and losses of last year behind as we start this new school year.**

You need

* Effervescent vitamin tablets broken in half.
* A tall glass or vase of water per person