



This zone is to give you time to spend with God writing down your thoughts.

We are focusing on the teachings of Paul in his letter to the Ephesians, looking particularly at Chapter 5 and his teachings on family life?

Today you are going to write a love letter.

This could be a letter from a husband or wife to their spouse or to your child or parent.

Or perhaps you would prefer to write a letter from God to you, telling you how
much he loves you and cares for you.