

WEEK THREE

Meditation Jar

To make a meditation jar: Pour an entire 6 oz container of glitter glue into a clear jar. Add any additional glitter, confetti, beads, or other waterproof craft supplies. Fill jar with hot water (not boiling, just hot). Twist the lid on tight (you might consider adding hot glue around the perimeter). While water is still hot, shake the jar vigorously until glue is dissolved.

To use the meditation jar: Shake it up! You can do this for as long as you need to shake out any extra energy, anxiety, frustration, or jitters. When you're ready, set the jar down and breathe deeply as you watch the glitter settle. Imagine that the glitter represents your thoughts, words, and actions, and remember that, just like Jesus calmed the storm, Jesus can calm our hearts.

Breath Prayer

Choose a word or brief phrase to repeat in one breath. If it is a phrase, say one part as you inhale and the rest as you exhale. You can say breath prayers out loud, in a whisper, or silently. Breath prayers are wonderful as a calming, meditative practice. See the prayer practice page for breath prayer cards that you can cut out and use.

YOU WILL NEED:

- *Clear jar with lid*
- *Hot water*
- *Glitter Glue*
- *Optional: more glitter, confetti, beads, etc.*
- *Breath Prayer Handout*
- *Scissors*



Breath Prayers

Psalm 23

Inhale: I will not be afraid
Exhale: for You are
with me

2 Corinthians 12:9

Inhale: Your grace
Exhale: is enough for me

Psalm 46:10

Inhale: Be still
Exhale: and know that
you are God

Psalm 46:1

Inhale: You are
our refuge
Exhale: and our strength

Psalm 56:3

Inhale: When I am afraid
Exhale: I will trust you

Inhale: Come
Exhale: Lord Jesus

Romans 8:38-39

Inhale: Nothing can
separate me
Exhale: from God's love

Philippians 4:7

Inhale: Peace of Christ
Exhale: guard my heart
and mind