

## 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