

Choose a rug. Unroll it and place it on the floor.

Choose an item/symbol from the basket, and place it on the rug.

Place a candle on the rug, and ask a leader to light it for you.

Sit and make your body silent. Breathe slowly; rest.

Listen to God.

Look at the pictures.

Read an article.

**You and God think together about what
is happening.**

**Does this lead you to prayer, journaling,
action?**

Rake the sand and arrange the stones.

Be silent.

Listen.

Create an art prayer using any of the materials you find here.

Read the material provided.

Write your thoughts on the journal page.

Choose a book that interests you.

Read it and reflect.

**If you are reading with someone else,
use a quiet voice.**

Code of Values

We seek to be attentive to God's presence.

We seek peace and quiet so all can listen and work.

We learn about each other and seek to become friends.

We respect one another's differences.

We treat one another as we want to be treated.

We respect one another's space.

We may disagree sometimes, and that is okay.

We use our materials as they are meant to be used.

Choose a rug. Place it on the floor.

Choose items from the basket, and place them on the rug.

Sit and make your body silent.

Breathe slowly. Rest. Listen for God.

Look at the pictures.

**You and God think together about
what is happening.**

Complete the journal page.

**Rake the sand and arrange the stones.
Think about God's love for you.**

Draw a picture of yourself. Write a prayer thanking God for creating you.

Read the verses marked in the Bible.

Record your thoughts on the journal page.

**Choose a book that interests you.
Read it and reflect.**

GOD

created us

knows us

claims us



We belong to God.

Prepare your rug. Get a candle and ask a leader to light it.

Think about the story of the lost sheep and what it felt like to be lost.

Imagine yourself in the story.

What happens to you?

Option 1: Choose a picture and write a prayer about it.

Option 2: Write a prayer for someone who takes care of you.

Option 3: Draw a picture of how someone cares for you.

**Remember the story as you place the figures
in the sand.**

Create a sheep collage and write a story on the back.

Or think about a time when you were lost or when you lost a pet. Draw a picture of that time.

Write a story on the back of your picture.

Complete a journal page:

“The Lost Sheep” or “Feeling Lost.”

[WOC Leader: Use same Gazing signage from Session 2.]

Look at the pictures.

Complete the journal page.

[WOC Leader: Use same signage as Session 2.]

Draw or paint a picture of what Psalm 23 means to you.

You may use tracing paper, stencils, the good shepherd picture, or the Bible verse.

Read Psalm 23.

Use the journal page for reflection.

Unroll a rug.

Choose items from the basket and a scripture card to place on your rug.

Ask an adult to light your candle.

Sit comfortably. Silence your body. Breathe slowly. Sit with God for as long as you like.

When you are ready, write your thoughts on your journal page.

Choose a picture. Look at it carefully.

What do you see? What do you think about the picture? How does it make you feel?

Write a prayer as you look at a picture.

If you want to color or decorate your prayer, go to the Art station.

When you have finished, put your paper in your folder.

As you are silent with God, slowly rake the sand and arrange the stones in any pattern you choose.

Think about God and you being together.

**Work silently and listen for the prayer that
may be forming in your mind and heart.**

Record your thoughts on the journal page.

**Choose a book that interests you.
Read it and reflect.**

Choose the symbol or symbols that have meaning for you.

Ask a leader to light your candle.

Sit in silence, and with your mind hear Jesus or God asking you, “What do you want me to do for you?”

Answer the question, and use your answer to write your breath prayer.

Look at the pictures and articles.

**What do you want God or Jesus to do
for our world?**

What is your prayer for the world?

**Use your answer to this question to create
a breath prayer.**

As you rake the sand, imagine Jesus coming to you and asking, “What do you want me to do for you?”

Answer the question, and use your answer to write your breath prayer.

**As you work, listen to the question Jesus asks:
“What do you want me to do for you?”**

Write your breath prayer.

Complete your journaling page.

Ask an adult to light the candle for you.

As you look into the light, focus on God's light and love all around you and within you. How does it feel to know that God loves you so much?

Think about:

What makes you happy?

What makes you sad or mad?

Is there anything you are sorry about?

Look at the pictures and articles about happenings in our world.

What makes you happy?

What makes you sad or mad?

Write your thoughts in a letter to God.

Or draw a picture that shows your feelings.

Think about a time when you were aware of God's presence.

Place a stone in the sand to represent that time.

Add as many stones as you have thoughts of God's presence.

As you rake the sand around the stones, think of God being with you all the time, when you are happy and when you are sad or mad.

Look at the instructions for making the examen rope.

Thread three or four beads along your rope to represent the three questions of your examen.

As you create your rope, think about:

- 1. What makes you happy?**
- 2. What makes you sad or mad?**
- 3. Is there anything you are sorry about?**

[WOC Leader: Instructions for making the examen rope are in the Resource Booklet.
Make copies of this page and place them in the Art station for this session.]

Use the journal page for reflection.

As you gaze into the candle or trace the labyrinth, pray for people and situations in your life.

Tell God about a situation in our world that makes you sad.

Pray for leaders and people who could make a difference in this situation.

Place a rock in the sand for each person and situation you want to pray for.

Rake sand around each rock as you pray.

Think of a person or a situation you want to pray for.

As you color a mandala, tell God about that person or situation.

Complete your journaling page.

Place your card on the rug with items you choose from the basket.

Ask a leader to light your candle.

Sit in silence with your thoughts.

Listen to God.

Think about your word as you view the pictures.

Is there some action God wants you to take?

If so, write it on the back of your card.

**Place your word or phrase in the sand.
As you rake around it, meditate and listen
to God.**

Write your word or phrase in the center of a piece of paper and decorate around it.

Or color a mandala and meditate on your word.

Write a letter to God about what you are hearing. Ask God any questions on your mind.

**Read the scripture again, thinking about
your word or phrase.**

Unroll your rug, choose objects to place on your rug, and put the scripture card on the rug.

Ask a leader to light your candle.

Read the card and sit in silence.

Draw a picture of something in God's creation (in nature) that you are thankful for.

**Rake the sand. Sit quietly with thanksgiving
in your heart and pray.**

Create a thanksgiving collage by cutting pictures and phrases from the magazines.

Complete the journal page.

Choose your favorite prayer and copy it.

Take a rug from the basket. Place it in front of the table.

Kneel or sit in front of the wreath.

Think about HOPE in your life.

Pray.

After you look at the pictures, complete the journal page.

Place the angel in the sand.

**As you rake the sand around the angel,
listen for God's message to you.**

Stitch an angel or draw a picture of the story.

Sit in prayer and complete the journal page.

Read, ponder, and pray.

Take a rug from the basket. Place it in front of the table.

Kneel or sit in front of the wreath.

Think about PEACE in your life.

Pray.

Take a rug from the basket. Place it in front of the table.

Kneel or sit in front of the wreath.

Think about JOY in your life.

Pray.

Write a word, paste a picture, or draw a picture on this poster to show how you can reflect God's glory.

Place a manger in the sand.

**As you rake, imagine yourself kneeling before
the manger as the shepherds did.**

What is your prayer to Jesus?

Draw a picture of glory.

Use the journal page for reflection.

Take a rug from the basket. Place it in front of the table.

Kneel or sit in front of the wreath.

Think about LOVE in your life.

Pray.

**Hold the doll and follow instructions
on the journal page.**

**[WOC Leader: Reflection stations are closed
for Session 5, so no signs are needed.]**

Cut out pictures and words about persons with special needs and about persons doing acts of kindness, mercy, and justice.

Add these to the collage we are creating on the wall.

[WOC Leader: Reflection stations are different for Module 4, but signage remains the same for all four sessions. This PDF also includes the text for the posters for the Followers of Jesus reflection station, to which you may add your own pictures.]

Many groups serve people in need. We have put information about some of these organizations in this station.

Learn as much as you can about the organizations. Find out what you can do to help them.

If you have ever participated with one of these groups, write what you did and your name on a sticky note and post it near the organization's poster.

Read the posters about followers of Jesus.

On a sticky note, write a prayer of thanksgiving for these people's lives and for what they did.

Stick your note near their poster.

Frank Laubach (1884-1970)

Frank Laubach was a missionary to the Philippines. His work took him to India and other countries where he met many people, including children, who could not read. Because they were poor, nothing was being done for them. Laubach invented a way to teach people to read that did not cost much money, and many people joined in the work. This program is known as “Each One Teach One.” It became an effective way for many to learn to read and therefore to enjoy a more complete life.

Martin Luther King Jr. (1929–1968)

Until the 1960s African Americans who lived in certain parts of the United States did not have the same rights and privileges as other citizens. Many were denied access to the same education, health care, and decent homes as other people. In 1964 Congress passed the Civil Rights Act, making it illegal to separate people because of race, but some people still mistreated African Americans, and they would not accept them as equals.

Dr. Martin Luther King Jr., a Baptist minister in Georgia and Alabama, talked about his dream that one day all children would be treated the same, since they are all members of God’s family. He organized nonviolent demonstrations. When African Americans were denied entrance to good schools because of their race, Dr. King led people to march, sing, and pray for change. Often they were met with violence and arrest. Dr. King continued to lead people, although he was beaten and thrown into jail. He led his followers to practice the active love of Jesus. People and society changed because of Dr. King’s leadership.

Rosa Parks (1913-2005)

Rosa Parks lived and worked in Montgomery, Alabama. During the 1950s African Americans were permitted to ride only at the back of buses. One day in 1955, as Mrs. Parks was coming home from work, she got on a crowded bus and sat at the back of the section for white people. She refused to move because she believed she had a right to sit there. She got into trouble for standing up for herself. But Rosa Parks's courage sparked a movement that led others to refuse to ride buses in Montgomery. This refusal, a boycott, awakened the whole country to the conditions and struggles of African Americans. The civil rights movement had begun.

Cesar Chavez (1927–1993)

Until the middle of the twentieth century, many persons hired to work on farms had to work in miserable conditions. They labored for long hours at low pay without adequate food, water, housing, or medical treatment. Most of them were immigrants from other countries, especially Mexico and Central America. These workers were treated like slaves. They lived in very small, shabby houses and moved from place to place—wherever they were needed. They had no real home, so it was difficult for farmworkers' children to receive good medical care or education. Cesar Chavez realized that his faith in God was leading him to help make a better life for these farmworkers. He organized unions to call for justice, better working conditions, and fair wages. Because of his efforts, people who had been taken for granted began to have hope and a better life.

Helen Keller (1880-1968)

In Helen Keller's time, blind people and people with other disabilities often missed out on much of life. For example, their special needs were not considered when buildings were designed or activities were planned. Helen Keller acted to change this situation.

Even though she was blind and deaf, Ms. Keller lived an amazing life. She became famous in the United States and around the world as a writer and speaker. Helen Keller worked on behalf of people with disabilities. Because of her efforts, many changes took place that allowed persons with disabilities to be treated more fairly. Helen Keller overcame great obstacles to help people with disabilities receive what God intended for all to have.

Nelson Mandela (1918-)

For a long time the country of South Africa was divided into racial groups. One group of people, the smallest in number, ruled the land and made the other group, natives of South Africa, live and go to school in separate places. Even though the natives outnumbered the rulers of the country, they did not have much power. The South African government treated the natives unfairly. Among other injustices, the government would not allow natives to vote or to hold political office. Many people thought this was the way life was supposed to be.

Because of their faith in God, a group of natives thought differently. Nelson Mandela led a movement to obtain fair and just treatment for all people in South Africa. He was put in prison for opposing the rulers who divided the country. After many years he was released and continued in the struggle against a divided country. Finally, in 1994 an election was held, and Nelson Mandela was elected the first native president of South Africa.

Mother Teresa (1910-1997)

Mother Teresa was a tiny woman with a huge heart and a great vision. She was a nun who worked among the poor people in India. She reached out to the poorest of the poor, those who were very sick and left on the streets to die. Mother Teresa helped them and opened a clinic to give them medical care. She began the Missionaries of Charity, an organization dedicated to helping the poor and the sick. Mother Teresa did her work humbly and lovingly, empowered by God's love for all people.

Read the scriptures on the journal page.

Spend time listening to God.

Complete the journal page.

Look at the photos and read the information about our service project.

What is the prayer in your heart for these people?

What is your prayer for us as we serve?

Write your prayer on a sticky note and post it by the pictures.

Kneel at the station.

Read the prayer instructions.

Spend time in silence, listening to God.

Write a breath prayer to help you remember what you want to do and how you want to live this week.

PRAYER

**God, Jesus, Holy Spirit
I love you. I honor you.**

What do you want me to do this week?

Listen and write your breath prayer.

Jesus, help me _____.

Place the symbols on your rug, and gaze at them.

Reflect on what you remember about Jesus.

[WOC Leader: For the Reading reflection station, use the signage from the Basic Signs for Reflection Stations. It stays the same for this whole module.]

As you look at these pictures, think about how Jesus would want us to live together.

Write a prayer or a letter to Jesus with your thoughts.

**With your finger, draw a cross in the sand.
Think about Jesus.**

**Place a rock in the sand each time you
remember something you have learned
from Jesus.**

Listen to the prayer that forms in your heart.

Make a Lenten calendar kit to take home.

Put the following items in a plastic ziplock bag:

- **1 purple square for Ash Wednesday**
- **39 purple squares for weekdays**
- **5 yellow squares for Sundays**
- **1 yellow square for Palm Sunday**
- **1 white square for Easter**
- **1 glue stick**
- **1 page of instructions**
- **1 calendar sheet**

**[WOC Leader: Use signage from
Basic Signs for Reflection Stations.]**

**Choose a symbol to place on your rug.
Be with Jesus in silence.**

**Think about your Lenten promise.
How will it help you live as Jesus taught?**

**Think about your Lenten promise.
How will it help you live as Jesus taught?**

**Arrange the objects in the sand
as you remember Jesus' baptism.**

As you work, think about what this symbol means to you.

Ponder the prayer that is forming in your heart and mind.

What does it mean to you to be God's beloved?

Think about what you do or can do to please God.

Write your thoughts on the journal page.

Remember a time when you were tempted to do something wrong, or think of a temptation you face now.

How can God help?

Look at the pictures and make a list of ways we are tempted in our world.

Spend some time with God looking at your list.

As you remember the story of Jesus' baptism, think about how knowing that you belong to God and that God loves you may help you resist temptation.

**Focus on your coloring, drawing,
or tracing.**

**Allow a prayer to form in your mind
and heart.**

**Or draw a picture of a temptation you
have experienced.**

Use the journal page for reflection.

Remember a time when you were tempted to do something wrong, or think of a temptation you face now.

How can God help?

**Look at the information in this station.
Read “The Prayer of Saint Francis.”
Complete the journal page.**

Think of a time when you were tempted to do something you knew was wrong and you gave in to the temptation.

Draw a symbol of that time in the sand. It could be a letter of the alphabet, a word, or a picture.

Then, in silent prayer, tell God how you feel. If you want to be forgiven, ask God for forgiveness.

After your prayer, wipe away the symbol of your temptation and wrongdoing in the sand.

As you look at the smooth, clean sand, rest in God's forgiveness and love.

Focus on the symbol you are drawing, tracing, or coloring.

Allow a prayer to form in your mind and heart.

Or draw a picture of a temptation you have experienced.

Complete your journaling page.

**God speaks to us through the prayers
of others.**

In silence, read these prayers.

Sit in silence and listen to God.

[WOC Leader: Use sign from Session 4.]

As you are silent with God, slowly rake the sand and arrange the stones in any pattern you choose.

As you do this, think about you and God being together.

**Choose a prayer and read it through slowly.
Cut it out and glue it on cardboard, then
decorate it with the available materials.**

Complete the journaling page.

Gaze at this picture in silence.

How do you think Jesus feels?

How do his disciples feel?

As you look at the pictures, complete the journal page.

**Use the small stones to make a path
in the sand.**

**Think about Jesus walking with you
wherever you go.**

Trace and color the symbols.

Think about how these symbols help you remember Jesus.

Complete the journal page.

**In silence, reflect on Jesus' ride
into Jerusalem.**

As you view the pictures and events in our world, pray the prayer posted on the wall.

Complete the journal page.

Create a path in the sand.

Lay the branches beside the path.

Imagine Jesus riding on the path.

Listen to the prayer that forms in your heart.

Make a palm leaf cross to wear this week.

[WOC Leader: Post a copy of "Instructions for Making a Palm Leaf Cross" from the Resource Booklet. You may want to photocopy the instructions for each child.]

Complete the journal page.

Ask a leader to light your candle.

**As you “walk” the labyrinth with your finger,
reflect on the story.**

**Think about Jesus walking with you wherever
you go.**

**Does that idea make you nervous? Or does
it make you feel glad, reassured?**

Listen for what Jesus may be saying to you.

When the two followers recognized Jesus, they ran to tell the good news to their friends.

What good news about Jesus would you want to tell?

Whom would you tell?

Write your thoughts on a sticky note and post it on the display of pictures.

Create a path or road in the sand.

With your fingers, slowly walk down that road.

Imagine Jesus walking with you.

Complete the journal page.

- 1. Draw a picture of Jesus as light, present with us.**
- 2. Color and feel: Begin in the center of the mandala. As you color, imagine how the two followers felt as they walked away from Jerusalem. They had heard that Jesus was not in the tomb.**

As you color the next section, imagine how they felt when Jesus was talking to them but they did not know who he was.

Then as you color the outer portion of the mandala, imagine how they felt when they recognized Jesus and ran to tell others.

Complete the journal page.

Ask a leader to light your candle.

Read the card.

Sit in silence and think about God.

Complete the journal page.

Place the figures or the rocks in the sand and recall the story.

Think about the shepherd rejoicing and celebrating.

Think about you and God.

Choose one of the following activities:

- 1. Color a mandala.**
- 2. Draw a picture of God's love and care.**
- 3. Stitch a symbol.**

While you work, think about the shepherd and God and you.

Complete the journal page.

Ask a leader to light your candle.

As you gaze into the light or trace the labyrinth, think about God hugging you and saying, “I am so glad you are with me.”

[WOC Leader: Use sign from Session 1.]

**With your finger, write in the sand
“God is love.”**

Reflect on how you know this is true.

**Do this several times and think about how
you can love God in return.**

Choose one of the following activities:

- 1. Color a mandala.**
- 2. Draw a picture of God's love and care.**
- 3. Stitch a symbol.**

**While you work, think about the father
and God and you.**

Complete the journal page.

Ask a leader to light your candle.

Read the card.

Think about God and you.

We sow seeds with our actions in the world.

What seeds would you like to sow?

How would you sow those seeds?

Write your response to the questions on sticky notes and stick them on the poster.

Make a scene in the sand as you recall the story.

What kind of soil do you want to be for God's seeds?

What seed is God sowing in you?

What kind of seed would you like to sow for God?

Choose one of the following activities:

- 1. Color a mandala.**
- 2. Draw a picture of God's love and care.**
- 3. Stitch a symbol.**

While you work, think about the sower and God and you.

Complete the journal page.

**Choose a fruit that may be developing in you
to place on your rug.**

Ask a leader to light your candle.

Together with God, think about that fruit.

Listen to God.

Spend a few minutes looking at this poster.

Choose a fruit shape.

Write how you will share the fruit growing in you with your family, friends, or the world.

Place your fruit on the tree.

Spend time in prayer.

**Choose the rock for the fruit of the Spirit
that you want to grow in you.**

Place it in the sand.

**As you rake the sand around the rock, talk
with God about this fruit growing in you.**

Choose one of the pages provided.

As you work on your art, think about the fruit of the Spirit that is ripening in you.

- 1. Write the fruit of the Spirit on the branches of the tree. Decorate the tree as you wish.**
- 2. Use colored pencils to color the page with the fruit of the Spirit written in bubble letters.**

[WOC Leader: No journal page will be in the station during this session, since a journal page will be completed in Regathering.]

Prepare your rug and ask a leader to light your candle.

Think about this:

How does staying close to Jesus help the fruit of the Spirit to grow in you?

[WOC Leader: Use the poster from last week.]

**Place the rocks of the fruits growing in you
in the sand along with the big rock.**

**As you rake the sand, think about how you
can stay close to Jesus to help the fruits
of the Spirit grow in you.**

[WOC Leader: Use sign from last week.]

Complete the journal page.

Prepare your rug and ask a leader to light your candle.

Sit quietly, gazing at the vase and the scripture verse.

Think about yourself and God.

If you wish to write a prayer, use the journal page.

Look at the pictures and complete the journal page.

As you rake the sand, repeat these words:

**“Just like the clay in the potter’s
hand, so are you in my hand.”**

Trace the drawing of the potter.

Copy this scripture verse on your drawing:

**[God says] “Just like the clay in the potter’s hand, so are you in my hand”
(Jeremiah 18:6).**

Think of yourself and God.

Complete the journal page.

Gazing

World

Sand

Journaling

Art

Reading

SHOES

Complete a journal page.