

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.

Gazing

World

Sand

Journaling

Art

Reading

SHOES

Complete a journal page.