

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.

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.

Gazing

World

Sand

Journaling

Art

Reading

SHOES

Complete a journal page.