

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.

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.

Gazing

World

Sand

Journaling

Art

Reading

SHOES

Complete a journal page.