

Be Love

Date: 30th August, 2009

Readings: **Mark 7:1-8, 14-15, 21-23**
James 1:17-27

Origami Pumping Heart

Mark 7:21: For it is from within, from the human heart, that [your] intentions come ...

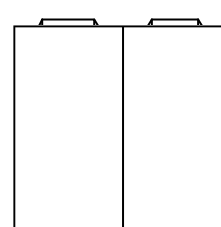
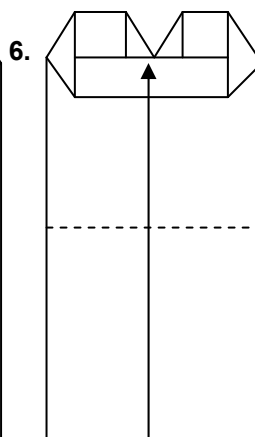
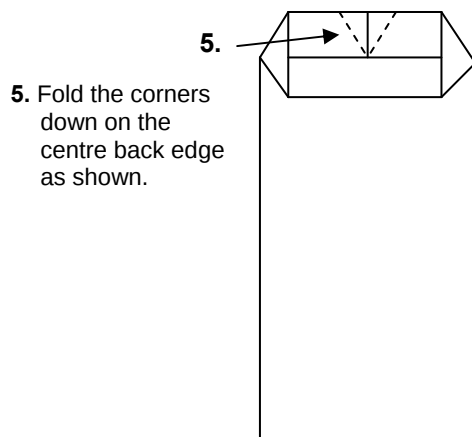
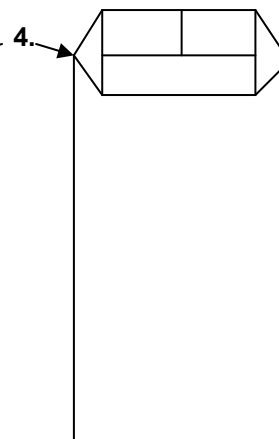
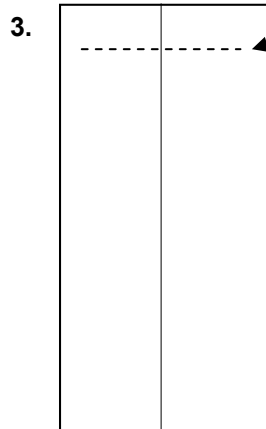
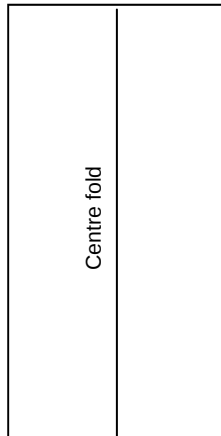
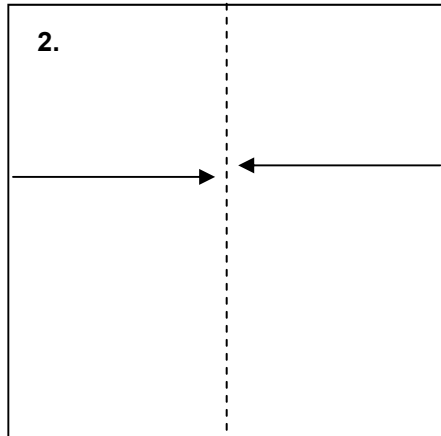
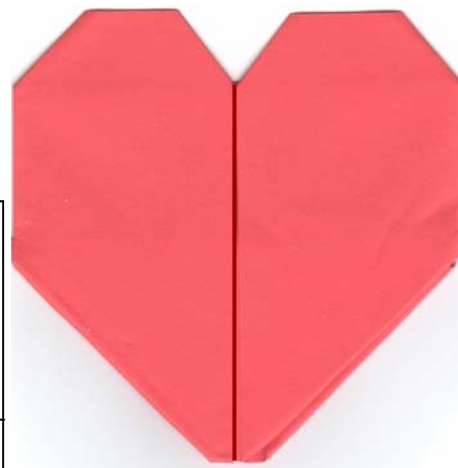
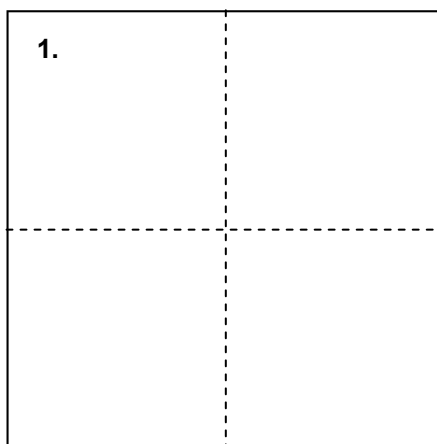
You will need:

- ♦ 1 square of heart-coloured paper per person (21cm X 21cm – A4 page cut to a square)

What to do:

NB: Press firmly several times along all folds.

1. Fold on the horizontal and vertical centre lines to crease, then unfold.
2. Fold the vertical sides in to meet the centre line.
3. Turn over so the folded side is underneath.
4. Fold the front piece of paper only, on the dotted line (about 1.5 cm from the top). Push the corners to fold into a triangle shape as shown.

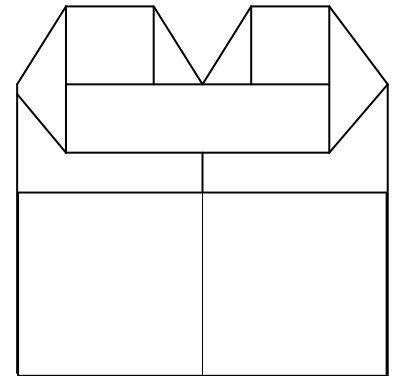
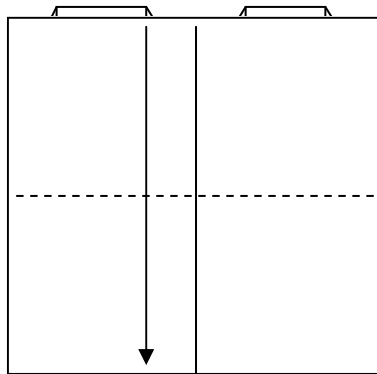


6. Fold the bottom half up, along the creased centre fold line.

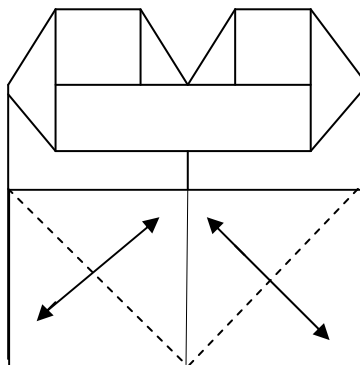
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7. Fold the bottom half section (the bit you just fold up) in half again, folding downwards.
8. Fold the bottom section corners on the diagonal as shown, then fold back again.
9. Fold the bottom corners under so they are inside the bottom of the heart.
10. Turn over and fold the corners on the other side under as well. This side is now the front of the heart.
11. Hold the heart at the sides and move it in and out to make the heart 'pump'. *Hint:* Make the centre fold on the bottom half of the back fold outwards. It makes a 'pocket'.

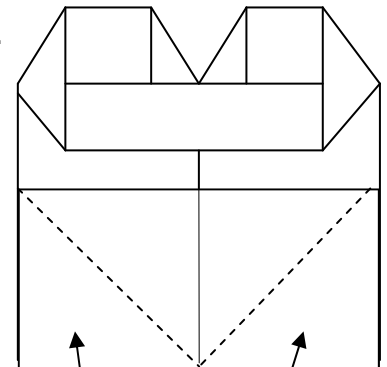
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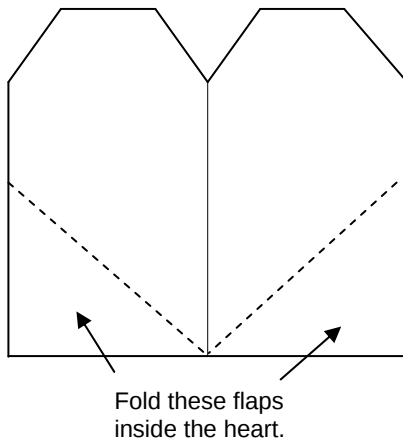
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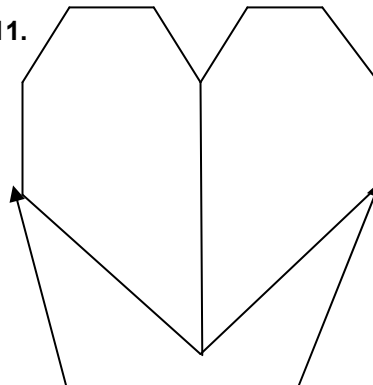


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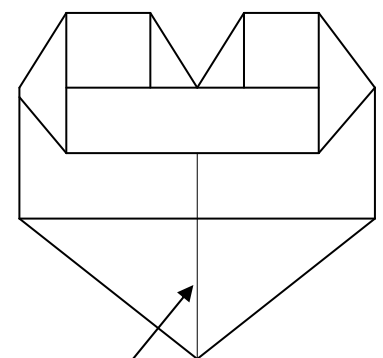
Fold these flaps inside the heart.

11.



Hold the heart at the sides and move it in and out to make the heart 'pump'.

Fold these flaps inside the heart.



Back 'pocket': should push outwards on the centre fold when 'pumping'.

What is in your heart?

- ♦ Write on the front of the heart the quotation from Mark 7: 21, as above, amended to 'your intentions' so that it encompasses the positive message from James to "Be love."
- ♦ Children might like to put some words in the pocket at the back of the heart naming good intentions that they would like to come from their hearts.

The finished heart: Back view ►

