

Meditation Craft

Date: 20th September, 2009

Reading: **Psalm 1: 1-3**

Meditation Sun Catchers

... 2 their delight is in the law of the LORD, and on his law they meditate day and night.

3 They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.

1. Trees by streams of living water

You will need:

- ♦ clear plastic lid
- ♦ coloured cellophane and tissue paper
- ♦ string
- ♦ glue
- ♦ scissors, hole punch
- ♦ *Optional:* plastic suction caps

What you do:

- ♦ Punch a hole near the rim of a clear plastic lid.
- ♦ Glue shapes cut from coloured cellophane to the centre of the lid: blue stream, green trees, red fruit.
- ♦ Tie a string through the hole and hang the sun catcher in a window.

NB. Plastic suction caps to hang the sun-catchers from on the window are available in most hardware stores, in various sizes, for \$2-3 for a packet of 4-5.



2. Meditation Delight

You will need:

- ♦ clear plastic lid
- ♦ photocopy of praying hands
- ♦ permanent textas (Artline 725 work best)
- ♦ string
- ♦ scissors, hole punch
- ♦ *Optional:* plastic suction caps (see above)

Preparation:

- ♦ Photocopy praying hands onto paper for children to trace over.

What you do:

- ♦ Punch a hole near the rim of a clear plastic lid.
- ♦ Place the praying hands under the lid, then trace with black texta onto lid.
- ♦ Draw a Bible and any other symbols desired around the hands. Colour as desired.
- ♦ Write: 'I delight in God's way' around the pictures
- ♦ Tie a string through the hole and hang the sun catcher in a window.



Adapted from a craft idea in
KUCA News Winter 09 page 12

This activity has been produced by **KUCA News** in the SA Synod of the Uniting Church in Australia and is available free of charge. This material may be freely used in worship and related activities in churches, schools, kids' clubs etc. provided no fee is charged and **KUCA News** is acknowledged as the source.