

Meditation Craft

Date: 13th September, 2009

Reading: **Psalm 19: v.14**

Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer.

Redeemer Rock

You will need:

- ♦ smooth stones large enough to paint a small design on
- ♦ acrylic paints in a variety of colours
- ♦ fine paint brushes
- ♦ water
- ♦ *Optional:* varnish

What to do:

- ♦ Children can paint a design on the rock that represents Jesus for them. They can use any symbols that they wish, after exploring the theme 'Who is Jesus?'
- ♦ They can add the words "My rock and my redeemer" if they wish – or not.
- ♦ *Optional extra:* When the paint is dry, cover the rock with a coat of varnish.

Use the rock as a paperweight or an ornament.



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