

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.

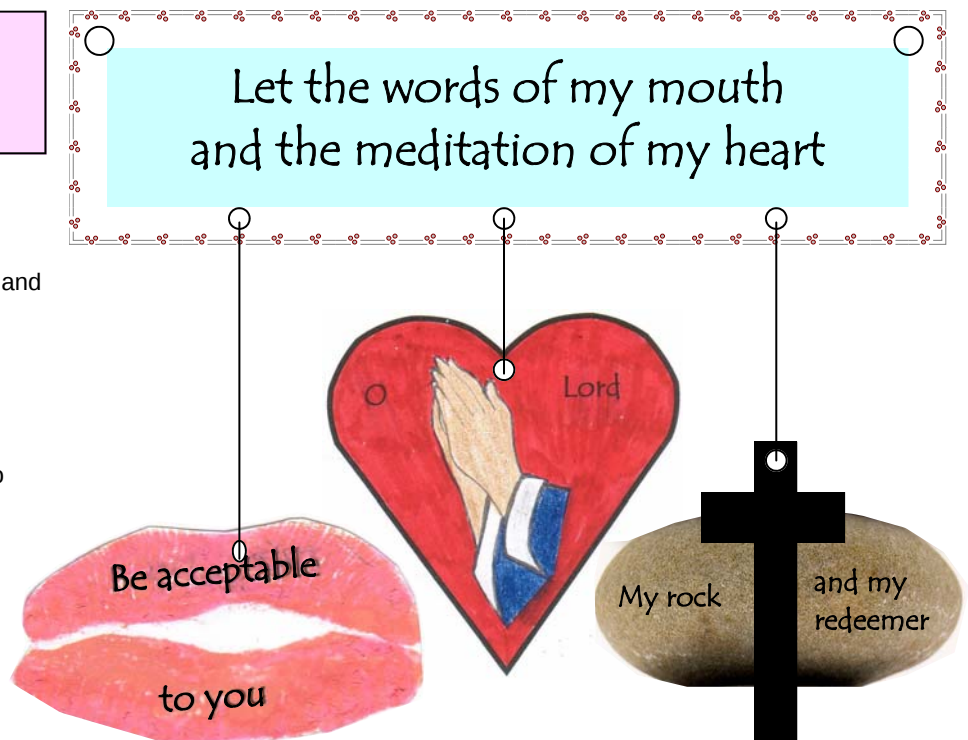
Meditation Mobile

You will need:

- ♦ white cardboard & white paper
- ♦ coloured felt pens
- ♦ templates of mouth, heart, cross and rock
- ♦ cotton
- ♦ hole punch
- ♦ *Optional:* suction hooks

Preparation:

- ♦ Photocopy top bar templates onto white card.
- ♦ Photocopy the mouth, heart, cross and rock onto white paper. Make two copies of the mouth, heart, cross and rock for each child.
- ♦ *Option:* You could photocopy the heart with hands onto OHP transparencies so the image is transparent as the mobile moves in the breeze. Children can add some colour as they wish.



What to do:

- ♦ Cut out two copies of the heart, mouth, rock, and cross, one only of the top bar. (One only of the heart if using OHP transparency.)
- ♦ Colour as desired.
- ♦ Glue the cross to the middle of the rock.
- ♦ Glue together the two sides of the mouth, heart and rock images, back to back.
- ♦ Punch a hole in top of the mouth, heart and cross.
- ♦ Punch three equally-spaced holes in the bottom of the top bar.
- ♦ Cut three lengths of cotton of varying lengths, tie one to each of the holes in the top bar and the other ends to the three mobile images.
- ♦ Punch a hole in the top corners of the top bar. Tie a length of string and find a place to hang the mobile so it swings freely in the breeze.

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Meditation Mobile

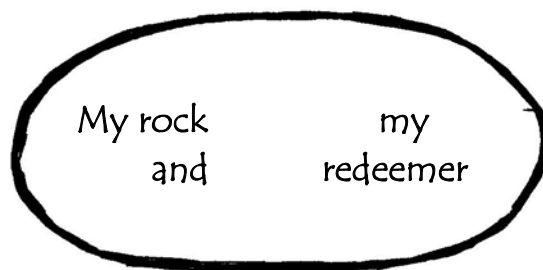
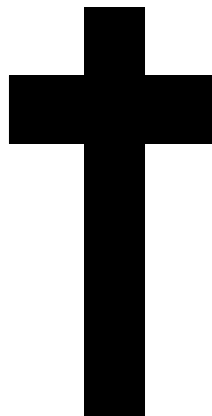
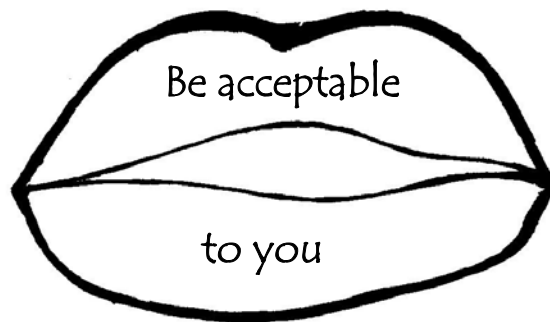
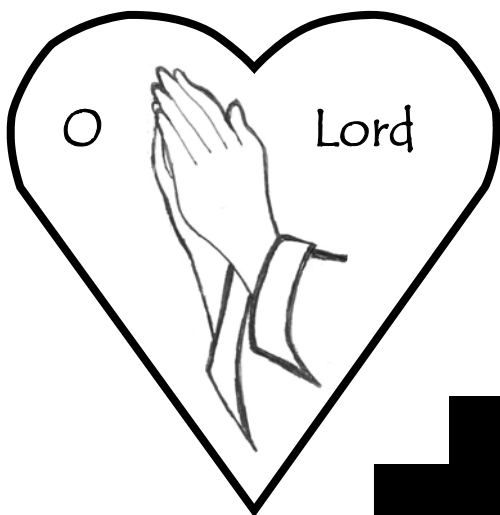
Templates

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