

Lent Blessings Jar

How to make it

Enclosed:

- Ribbon
- Label
- Instructions

You will need:

- A glass jar (or something similar)
- Bits of paper/small note pad
- Pen
- Stickers (optional)

Take a jar, decorate it if you want, put the ribbon around it

Write on the label your name or your family name '.....

Blessings Jar' and attach it to the ribbon

Put pen inside jar & little notebook or bits of paper beside it

Put it in a place where you will see it often.

How to use it

A Simple Examen (Practice of Reflection on the Day)

Take a moment to pause, perhaps light a candle

Reflect on the day which is past:

Where have I been aware of God's goodness today?

What am I most thankful for today?

Receive its gift once again

Write it down and put it into the jar

If there is something painful or unresolved, place it into God's hands.

Watch the blessings build up. When you need encouragement, open it up, take one out and read it. We shall be using these jars in services in Lent.



Father God

Fill this home with your love

Help us to lean on you

for strength when we feel worn out,

for peace when we feel afraid,

for patience when we don't have any,

for joy when we feel sad.

Look after those people we love

but cannot see at present

and give us your hope that

with you we will come through these days.

Amen