

Create in Me a Clean Heart

Create in me a clean heart, O God, and renew a steadfast spirit within me (Psalm 51:10).

This project can help us think about whether our thoughts and actions are creating a clean heart within us or not. Working with the Lord on having a clean heart can improve our marriage and our relationship with the Lord as well.

Materials:

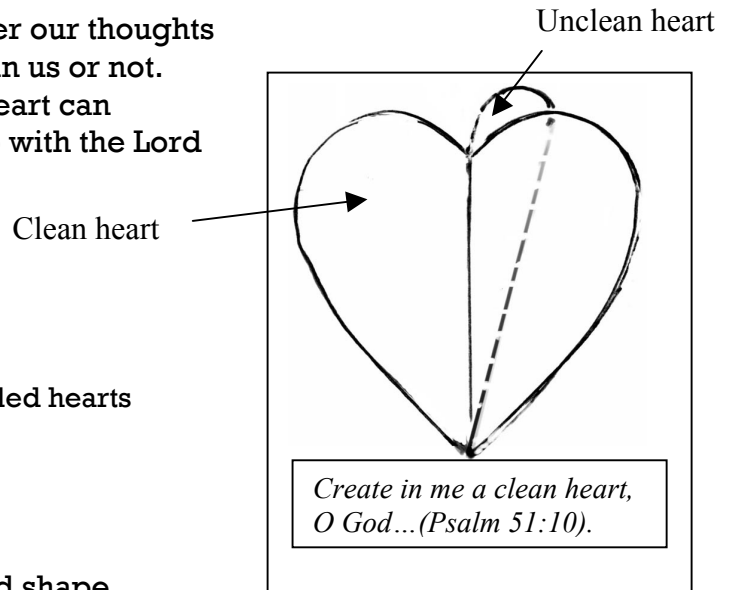
- 1 heart cut from gold or yellow paper
- 1 heart cut from black or gray paper
- 1 heart cut from any color paper
- piece of heavy paper for mounting the assembled hearts
- glue

Procedure

1. Cut 3 hearts that are identical in size and shape, using different colors of paper (or coloring them with markers or colored pencils).
2. The black heart is the “unclean heart,” the gold one is the “clean heart,” and the third heart is to provide a stiff backing for the others.
3. Fold each of the hearts in half.
4. Apply glue to the back of the “clean” heart, around the edge and along the fold. Then attach half of the “unclean” heart to half of the “clean” heart.
5. Put glue on the back of the “unclean” heart, applying it to the exposed half. Press the “third” heart onto the remaining halves of the other two hearts.
6. Put glue on the third heart and mount on heavy paper. You might also want to write the quote from the Word on this page.
7. You should be able to move the piece of the heart that sticks out from the page, making it possible to see only the clean heart or only the unclean heart.

Activity

- The black or gray heart is the one that symbolizes thoughts and deeds that aren't creating a “clean heart” within us. These are the ones that we want the Lord to help us remove.
- At the end of each day, reflect on your words, thoughts, and actions. Which ones might belong in the category of the “unclean” heart? Which ones seem to be creating a “clean” heart? Flip over the piece of the heart that sticks out from the page, as you contemplate your actions and deeds. And think about your desire to have your heart become clean, as pictured by the gold heart. This project may be a useful reminder to look to the Lord and His commandments in seeking to have the Lord create a clean heart within us.



Template for Create in Me a Clean Heart Project

Cut: 1 heart from gold or yellow paper
1 heart from black or gray paper
1 heart from another color paper

