

A Chain of Blessings

Nothing is a blessing except what is given by the Lord.

(Apocalypse Explained 340)

This is a wonderful activity to help us reflect on all that the Lord gives to us and to lead into the celebration of Christmas. Children enjoy making paper chains, and these chains make a lovely decoration for the home or classroom.

Materials

colored paper (heavier paper such as construction paper or cover stock is ideal)
scissors (or cut the strips with a paper cutter)
tape, glue, or stapler

Suggested Color Combinations

all gold (or yellow)
gold (or yellow) and white
gold (or yellow) and blue
red and white
red, gold, and white
blue, gold, and white

Note: Since the Lord's blessings are all the goods and truths that He gives us, the suggested colors are those that symbolize good and truth.

Procedure A: Counting Your Blessings

Use this method if you want to have the links in your paper chain tied to the blessings being "counted" by your family.

- 1) Have a box of paper strips ready.
- 2) Find a good time to reflect on the blessings each person has received during the day. These can range from hearing a story from the Lord's Word, to enjoying a delicious meal, to receiving a hug from a child, *etc.* For each blessing make a link for your paper chain. (You may want to write the blessings on the links and read them aloud, but this is optional.)
- 3) Continue for several weeks until you have a lovely chain to hang somewhere in your home as a beautiful reminder of all the blessings the Lord gives you directly and through others!

Procedure B: Bless the Lord, O My Soul

This is similar to the procedure described above, but let your family work on making the paper chain whenever they wish—apart from family discussions of blessings received from the Lord. The chain will still suggest the infinite number of blessings the Lord gives us. Talk about how long the chain would be if you made a link for each and every blessing the Lord gives you throughout the year!