



The Blessing Jar

Do you look for the blessings in your life? Here is an activity that encourages the habit of looking for blessings.

Suggested Materials

- ceramic pot or bowl (or some other container)
- slips of paper
- pens, pencils, colored markers, *etc.*

Procedure

- For a week, spend some time at the evening meal writing down a blessing on a slip of paper. (A young child may want to draw a picture illustrating a blessing or have someone else write it on the paper.)
- Remember that these can come directly from the Lord or through other people.
- Then roll up the slips of paper and put them in a large jar or other container.
- See how it fills up in just one week.
- Think about all the blessings the Lord has given you over your lifetime!