

## AFFIRMATION JAR

**Materials:** Paper, scissors, pencils, pen, and/or crayons, stickers (optional)

This week's Scripture reminds us God sees us, knows us, and loves us. Just like God teaches us to love others, we must show love and compassion to ourselves. Here's something you can make to help you with that:

1. Cut paper into ten or more strips that are a few inches long.
2. Think about some attributes you like about yourself. Maybe you're funny or calm. Maybe you're skilled at puzzles, excellent at drawing, or give amazing hugs. Maybe you really like your eyes, hair, or freckles. Write or draw these attributes on a few strips of paper.
3. What are some words people use to describe you that make you feel loved and celebrated? Maybe it's when you hear, "you're great," "you're so talented," or "you're made in the image of God!" Use a few strips of paper to write these phrases or draw pictures reminding you of them.
4. Use the rest of your strips of paper to write or draw things reminding you of God's love. When you reflect on God's love, maybe you think of a rainbow or a heart or even a picture of you. It can be anything you like!

Fold the strips of paper containing your affirmations and place them in your jar. Put the lid on (if your jar has one), decorate the jar with stickers if you want, and place your jar in a visible space. Whenever you need a little help showing love and compassion to yourself, open your jar and pull out one of the strips you made. As you look at what you wrote or drew, you can say your own prayer or pray this: "I love God and God loves me. Thank you, God, for this reminder."

When you're done, re-fold your strips, put them back in the jar, and return to it whenever you need to feel affirmed.

## PRAYER

Wonderful God, you know everything about us and see everything we do. You love us exactly as we are and we love you, too. Help us love ourselves because we are your beloved creations.

**Amen.**