

## EMPOWERMENT COLLAGE

**Materials:** Paper, scissors, tape/glue, crayons/colored pencils, pictures (photos, drawings, magazine images, etc.)

We believe in a truly powerful and inspiring God. God cares for people, helping them and giving them strength even when society thinks they are powerless. Here's a project to remind you of what true power and strength look like:

1. Take one piece of paper and set it aside. Take a second piece of paper and write/draw words and images that feel empowering to you. Cut them out and set them aside.
2. Look through your pictures and search for ones that show people helping each other. Cut them out and set them aside.
3. Look through your pictures and search for ones that remind you of God's strength and love. Cut them out and set them aside.
4. Place your words and images onto the piece of paper you set aside and tape/glue them down.

Once your collage is complete, place it somewhere easy to see so you can be reminded of how God strengthens us and we can help strengthen others.

## PRAYER

Uplifting God, you use your strength to strengthen others. You give power to the powerless and inspire us to do the same. Help us lift up those who need it most.  
**Amen.**