

# Prayer & Mindfulness



Directions for Making:

- Swirling Glitter Bottle
- Colour-Changing Bottle

## Using Sensory Bottles to Stay Focused & Mindful

As Jesus-followers we aim to see with God's eyes, hear with God's ears, and align our hearts with God's as we move towards responding with compassion. While continuing to learn more about water insecurity through the resources and information on [themeetinghouse.com/peacemakers](http://themeetinghouse.com/peacemakers) we begin to move into a space of responding and inviting Jesus into the conversation. Prayer happens when we choose to have a conversation with Jesus. It can take several postures, so don't be discouraged if sitting still doesn't work for you. Sensory bottles are a great way to give us a place to focus with purpose. The next couple pages offers directions on how to make a few different kinds of bottles - ones with glitter for those who are mesmerized by things that sparkle, and ones that change colour for the scientists among us - but there are plenty of options out there if you want to search for one that best suits you! Choosing to use an empty water bottle will not only repurpose it but will also remind and focus us in order to pray for those without clean water.

When you've completed your creation, use it to focus your mind and talk to Jesus. Share what you learned with Jesus about those without clean water, and how it made you feel. Is there anything that you're confused about or still want to know? How is Jesus responding to you? How do you think Jesus feels about this? Is there anything specific that you feel Jesus is saying to you? Ask Jesus to help us love our neighbours, whether right next door or a plane ride away.





# SWIRLING GLITTER

## sensory water bottle

Instructions:

- grab an empty water bottle
- fill it two-thirds full with warm water
- add glitter glue and stir (\*the more glue, the longer the glitter will take to settle)
- add coarse and fine glitter, stir
- fill the rest of the container with water, mix!

\*Don't have glitter glue? Replace with clear Elmer's glue and food colouring!

Shake the bottle and watch the glitter swirl before it settles to the bottom. Use it to create a calm moment or focus your mind when you pray.

# COLOUR-CHANGING

## sensory water bottle

Instructions:

- grab an empty water bottle (the smaller the bottle, the quicker the colours will separate)
- fill it halfway with water
- add food colouring and stir (primary colours recommended)
- fill the rest with vegetable or canola oil - the more yellow the better!

Shake the bottle and watch the colours mix! Since oil is lighter than water, it will always return to floating on top. Use the time it takes for the colours to separate to create a calm moment or to focus your mind when you pray.

