

"SOMETIMES THE SMALLEST THINGS  
TAKE UP THE MOST ROOM IN YOUR HEART."

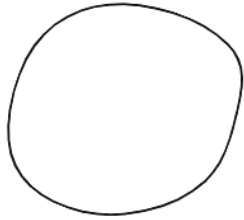
— A. A. Milne, *Winnie the Pooh*



Notes & Doodles

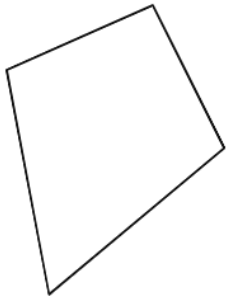
# PEACE BEADS

My Day in Beads



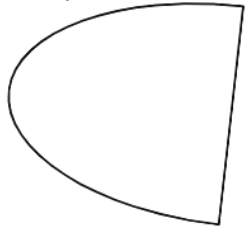
## 1. PEACE BEAD

Get comfortable.  
Close your eyes and breathe deeply.  
Feel your body from toes to fingertips.  
God is right next to you. Let him look at you. He loves you so much.  
Enjoy the peace.



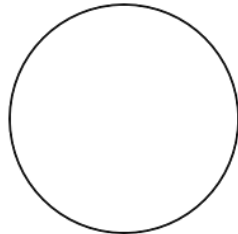
## 2. JOY BEAD

Tell God about your day.  
When were you happy?  
What nice things happened to you today?  
Who did you enjoy being with?



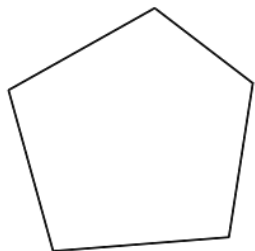
## 3. SADNESS BEAD

What made you feel sad today?  
Did anything upset you or do you regret something that you did today?  
Talk to God about your sadness and regret. No matter what happened today, nothing changes the way God feels about you.  
He loves you and wants to comfort you.



## 4. LOVE BEAD

When did you feel loved, safe, and special today?  
Did you do something loving and kind to someone else?  
When did you feel God's love for you? And in you?



## 5. TRUST BEAD

Think about tomorrow.  
Tell God what you are excited about.  
Does something make you worry?  
Give your hopes and worries to God.  
God is good and he cares for you.

Would you like to tell someone about your prayer with the beads?

- What meaning do the different colors of the beads have for you?
- What did you notice about yourself, people, places, and all that happened today?
- What was it like to be silent and still for a moment? What did it feel like in your body?
- When did you know that God was with you? What was that like?