

Playology

Prayer Journal Basic Instructions

1. Use a permanent marker or crayon (white crayons create great resists!) and write one or two words on each side of the blank watercolor paper in a random fashion - such as "listen", "create", "spirit", or other words that come to mind as you think about prayerful contemplation.
2. Spray a small pile of shaving cream onto the plastic tablecloth (about the size of a child's fist).
3. Drop two or three drops of two or three colors of liquid watercolor onto the shaving cream. (Too many colors and too many drops will create muddy results).
4. Use a popsicle stick to gently "swirl" the pile of shaving cream, spreading it out as you swirl it
5. Press your watercolor paper onto the surface of the shaving cream, moving the paper as you need to in order to cover the entire surface with shaving cream.
6. Use the squeegee or a ruler to scrape off the surface of the paper and put the shaving cream back into a pile on the table. Press the opposite side of your paper into the shaving cream, following the same procedure, but discard the shaving cream into a garbage can after the second side is completed.
7. Fold and cut the watercolor paper as instructed.
8. Use a small strip of paper to attach the two sheets together to form an accordion fold book. (optional step - makes a bigger book using two sheets)
9. With the tapestry needle provided, use a folded strip of paper as a pattern to punch the pages and spines of your book.
10. Thread the tapestry needle with a piece of waxed linen and sew one signature (set of pages) of your journal pages into the book, beginning on the outside of the book and ending with the tail of the thread on the outside. Tie the two thread tails together with a square knot. Tie on any beads or charms you wish and trim tails. Repeat for any other signatures.
11. Fold up the completed book and tie with a long ribbon or fiber.
12. ENJOY!!

Journaling Activities:

- Listen to the words of a song and write down the seven or eight words that "jump out at you" as you listen. Write a prayer using those seven or eight words
- Read a passage of Scripture through one time and pay attention to the entire passage. Read it a second time and look for the one word or short phrase that most catches your attention. Write that word at the top of a journal page and then, without thinking, just allow yourself to start writing whatever comes to mind about that word God has spoken to you.
- Get three or four different colors of colored pencils or markers nearby. Use them to write down, in random fashion on your page, the names of people you would like to remember in prayer today. Then spend about 10 minutes allowing yourself to "doodle" with the colored pencils around the names as you pray.

Glass Marble Paperweights and Thumbtacks

This is another activity that can be used in journaling fashion to focus on a prayer word or image OR you can just do it for fun and to make ART!

1. Trace around the edge of a glass pebble on a magazine photograph or word you wish to highlight. Cut out the image with scissors, making sure the paper is slightly smaller than the glass pebble.
2. Apply a thin layer of DAP onto the back of the pebble and apply the cut out image.
3. For thumbtacks, apply a dot of DAP to the back of a metal thumbtack and apply that to the back of the image. Allow to dry overnight in a facedown position.
4. To make a small desksize bulletin board, cut out an old book page and apply to one side of a small piece of black foam core. (4" x 6" or size of your choice). You can stamp on or add embellishments to the page. Insert completed glass thumbtacks - great gift making idea for Advent festivals or church craft nights
5. For paperweights, cut a small piece of felt the size of the back of the glass pebble and attach using tacky glue or DAP. Allow to dry overnight so that the DAP becomes clear.