



Activity: Making a Prayer Box

A prayer box can be many things. It can be something you create and build on your own crafting a box out of materials you have on hand, or it can be an actual box that you have purchased or found (like a small jewelry box, etc).

One of the concepts I have learned in making a prayer box is to create something that is uniquely yours and means something special to you. Pick your favorite colors, maybe pictures or decorations that make you smile or reflect your personality. There is no right or wrong way to do it. It is just the process that we are moving through that leads us to one more stage of healing on our journey.

Here are few details:

- Create a box of your own that you have made in a way that makes your heart smile, or pick something that is pretty which blesses you, or you could even have an envelope.
The point is: you need something to hold your notes.
- Write down 1-3 areas in your life that are barren on the note cards or piece of paper.
- Pray and ask God to take this burden from your heart, thank Him for hearing your prayer, and put it in box.
- At the end of the day, before you go to bed, take the pieces of paper out, and holding them in your hands rip them up, then throw them away. Throughout the process, thank God for answering your prayer and meeting you in your lack and insufficiency with His sufficiency and abundance.

Note: you can do this weekly, monthly or yearly as well. Just pick what works best for you.

As we go through this study, every time that burden comes back, write it down and slip it in the box (envelope, etc). When you get a chance to get quiet before God, pray and thank Him for taking this from you. **Tear up the pieces of paper and throw them away.** (You need to physically get rid of them.)

As you are writing down the worry/concern/fear combat that with the Truth from God's Word. In your quiet time ask God to fill up that broken barren place, confessing His truth over your life. Cultivate the garden of your heart as you come to the Throne of Grace. Hebrews 4:16