

# The Potter's Hand

Take a piece of modelling clay and gently soften it with the warmth of your hands. As you do this thank God for the way he gently shapes and guides us, with care, love and compassion.

You might want to choose a colour that represents something to you, for example green as a colour of new hope.

Now shape the clay into a small pot or 'jar' and as you do think about what things God might still need to 'mould' in your character or life. Pray about these things and ask God to change you as you shape your pot.

Your creation might not be perfect but it can be reshaped a few times as you pray. As you keep working on your pot, remember that God is still at work in your life, changing you into what he wants you to be.

Take your pot away with you as a reminder of God the potter who wants you to keep asking him to shape and refine you.

