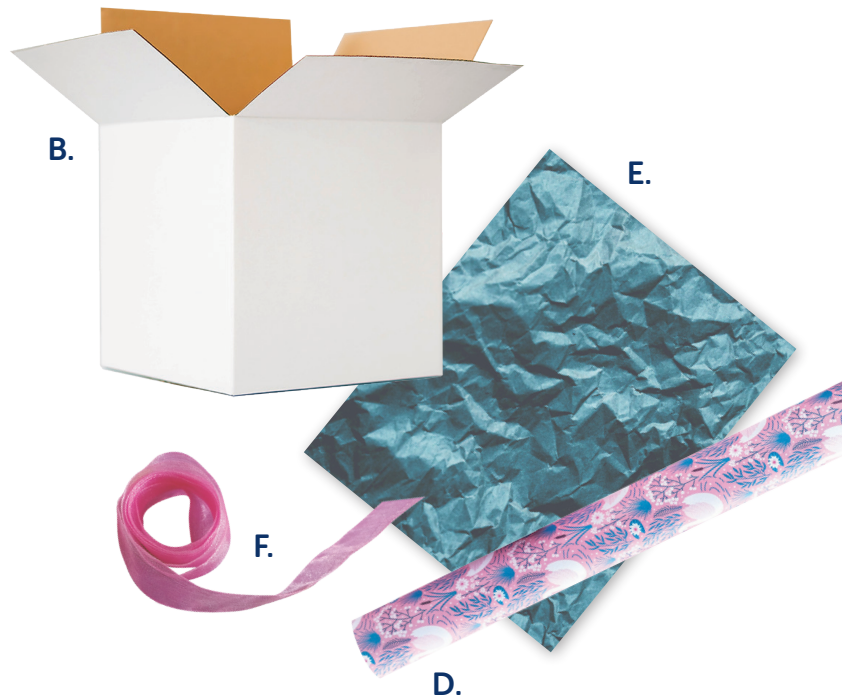


## Instructions for Making a Blessing Box

### Materials

- A. Seven small personal gifts. (See note overleaf)
- B. A box or container big enough to hold them all.
- C. An 'encourager' – a bible quotation; famous quotation or just a nice verse or poem. (See the prepared cards available for printing)
- D. Wrapping paper/foil.
- E. Tissue or soft filler to cushion gifts within the box.
- F. A pretty ribbon to go around the box.
- G. Instructions for the recipient, to be attached by ribbon to the outside.



### Method

- Wrap each gift separately, using the coloured paper / foil. Attach an encouraging quote or verse to each one.
- Place them in the container and close.
- Tie the ribbon around it, ensuring that an instruction card is attached.

## Note on Gifts

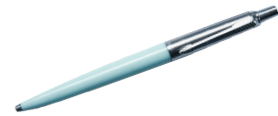
- Gifts do not need to be large or expensive.
- Usually we choose small things that can be practical, although creative members may let themselves go here! The idea is to give something that will brighten and give pleasure to the recipient.
- Examples, taken from the "Shoebox Gifts" are:



**Something to see**  
e.g. bookmark,  
fridge magnet,  
small photo frame



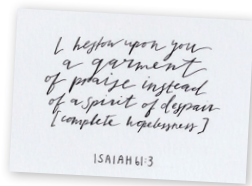
**Something to smell**  
e.g. soap, pot pourri  
sachet, scented candle



**Something to write with**  
e.g. pen, decorated  
pencil, notebook,  
post-it notes



**Something to hold**  
e.g. handkerchief,  
small tissue holder,  
decorated tissues



**Something to read**  
e.g. little book, booklet,  
fridge magnet with poem  
or Bible verse



**Something to use**  
e.g. pin cushion,  
torch, comb, brush,  
emery board



**Something to do**  
e.g. puzzle book,  
pen knife, tools



**Something to love**  
e.g. decorative  
heart, heart brooch,  
handmade brooch

- If being made with a particular recipient in mind, try to match the gifts to the personality.
- 'Something to eat' may be included in some cases, but be careful of allergies and it probably isn't appropriate if the person is in hospital.

This Blessing Box has been made especially for you by Mothers Union Sydney members. As you open one small parcel each day, remember that caring people are praying for you at this time.

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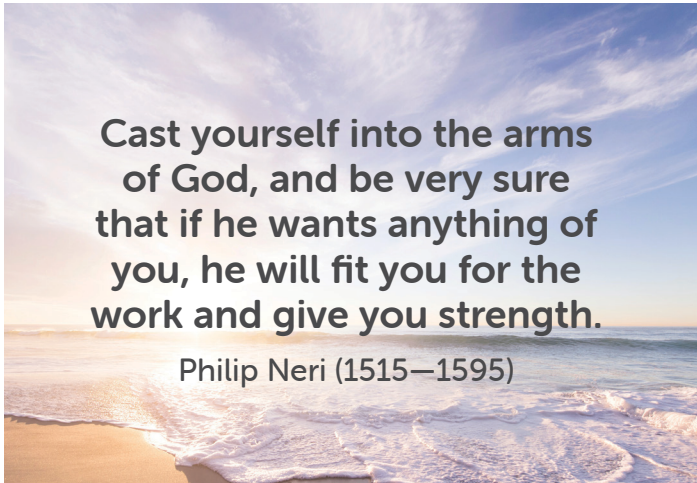
In his love he clothes us,  
enfolds and embraces us;  
that tender love completely  
surrounds us, never to  
leave us.

Julian of Norwich  
(1342—1413)



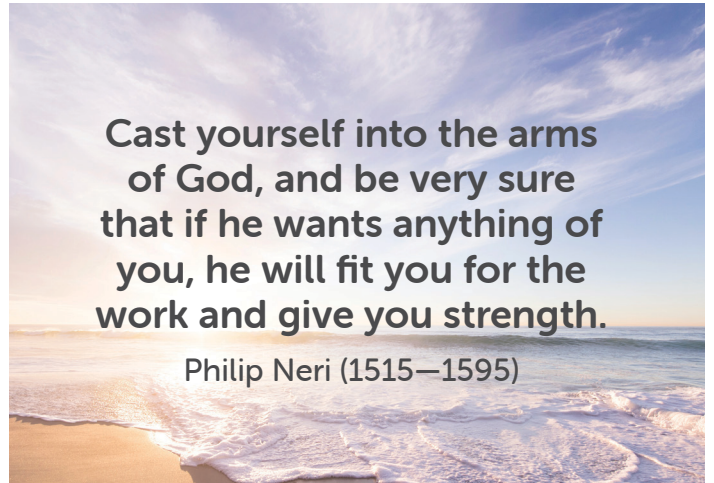
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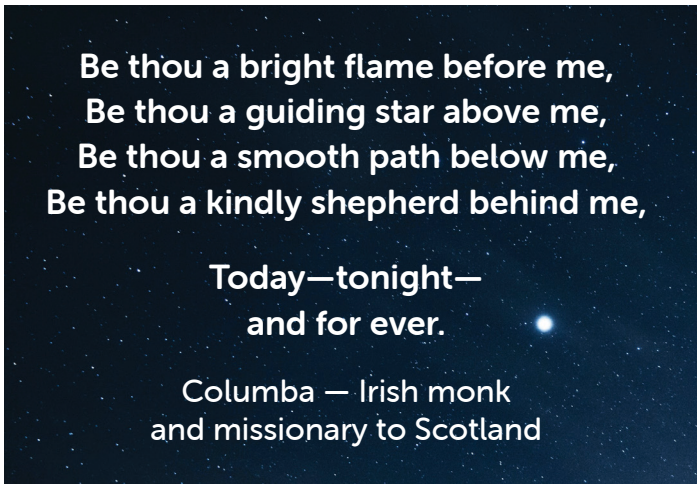
Cast yourself into the arms  
of God, and be very sure  
that if he wants anything of  
you, he will fit you for the  
work and give you strength.

Philip Neri (1515—1595)



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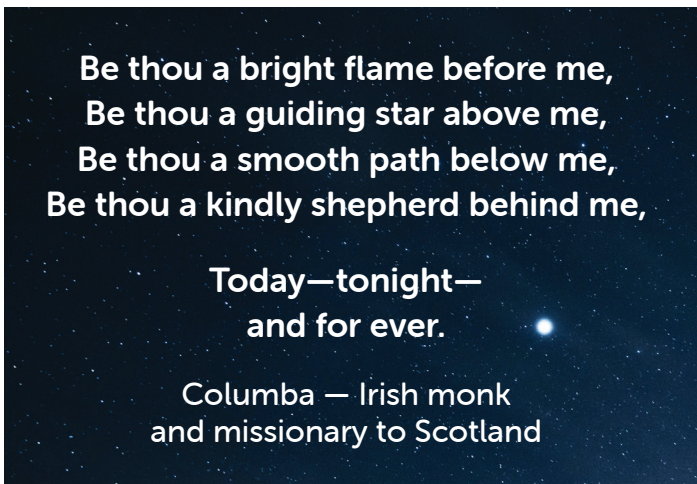
Philip Neri (1515—1595)



Be thou a bright flame before me,  
Be thou a guiding star above me,  
Be thou a smooth path below me,  
Be thou a kindly shepherd behind me,

Today—tonight—  
and for ever.

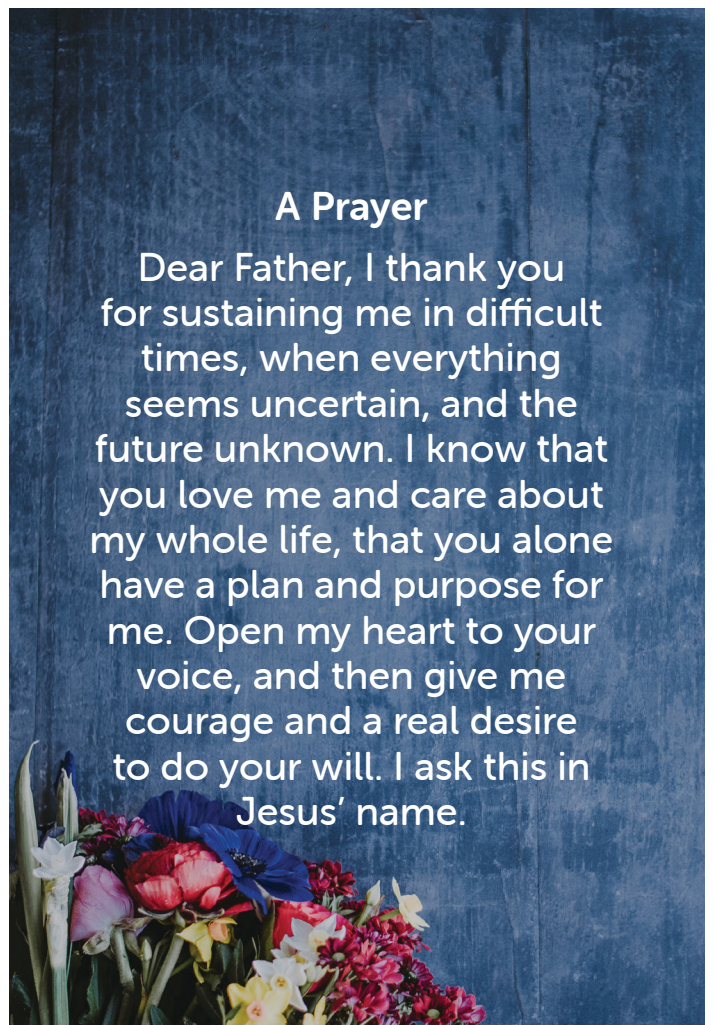
Columba — Irish monk  
and missionary to Scotland



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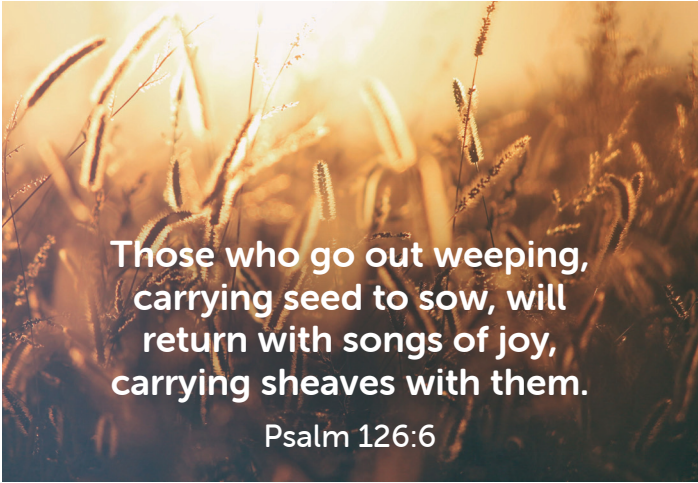
Columba — Irish monk  
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### A Prayer

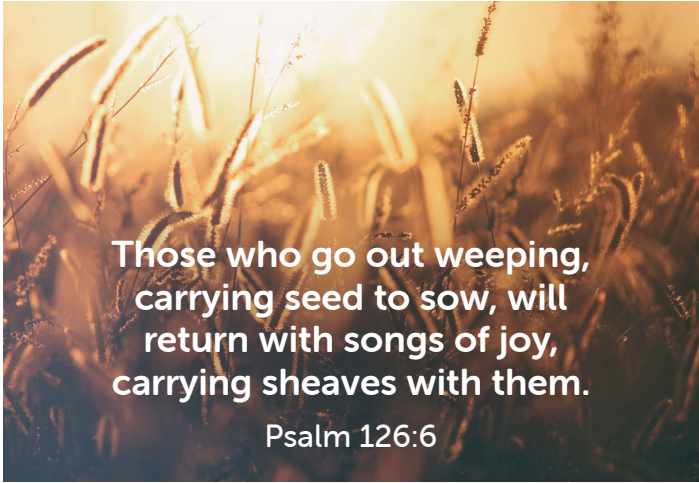
Dear Father, I thank you  
for sustaining me in difficult  
times, when everything  
seems uncertain, and the  
future unknown. I know that  
you love me and care about  
my whole life, that you alone  
have a plan and purpose for  
me. Open my heart to your  
voice, and then give me  
courage and a real desire  
to do your will. I ask this in  
Jesus' name.





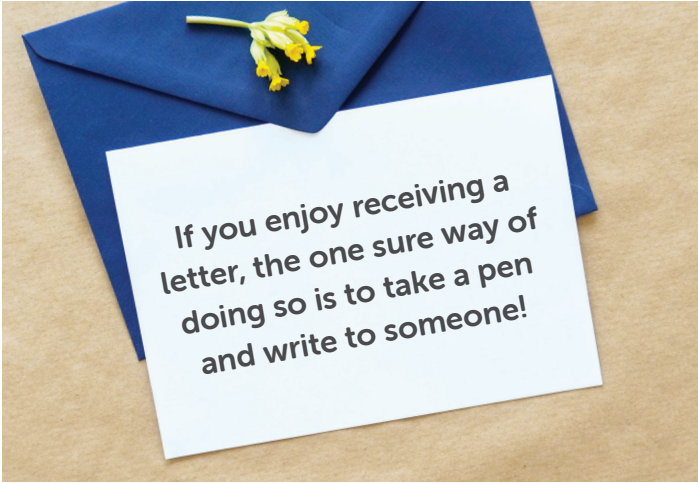
Those who go out weeping,  
carrying seed to sow, will  
return with songs of joy,  
carrying sheaves with them.

Psalm 126:6

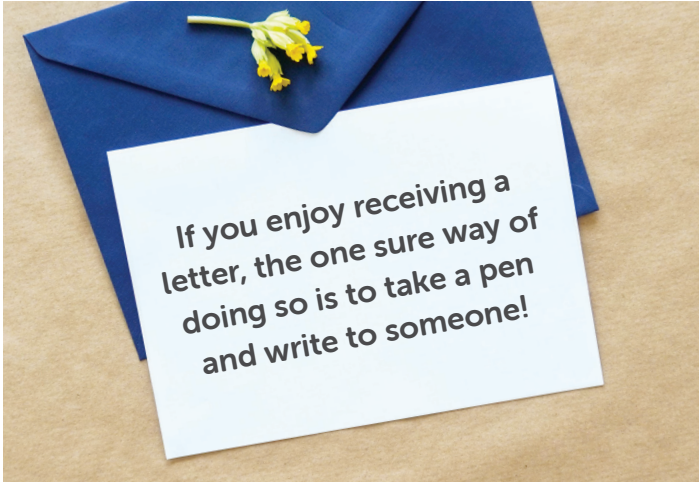


Those who go out weeping,  
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Psalm 126:6



If you enjoy receiving a  
letter, the one sure way of  
doing so is to take a pen  
and write to someone!




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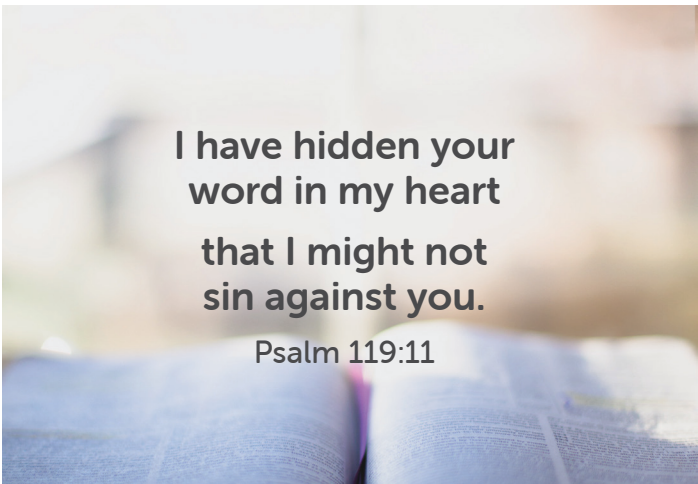
Let love and faithfulness  
never leave you;  
bind them around your  
neck, write them on the  
tablet of your heart.

Proverbs 3:3



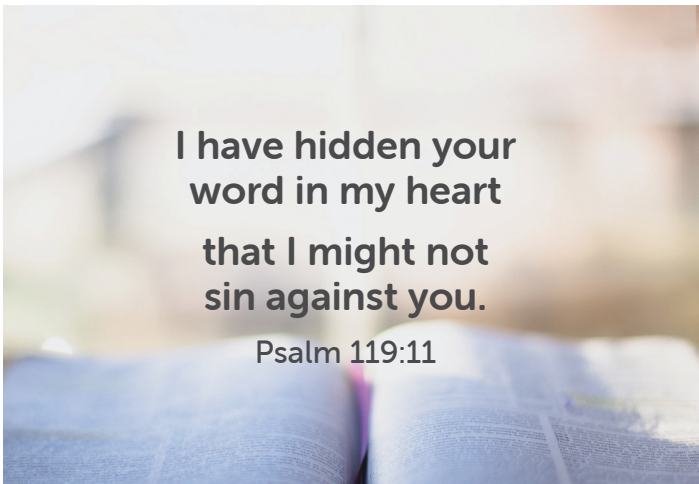
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Proverbs 3:3



I have hidden your  
word in my heart  
that I might not  
sin against you.

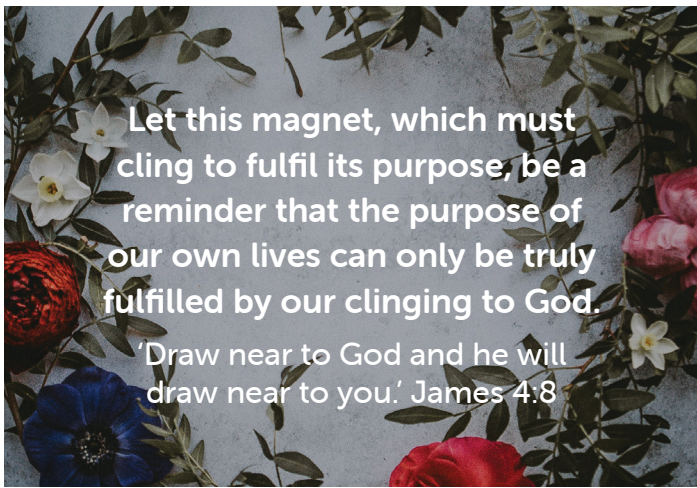
Psalm 119:11



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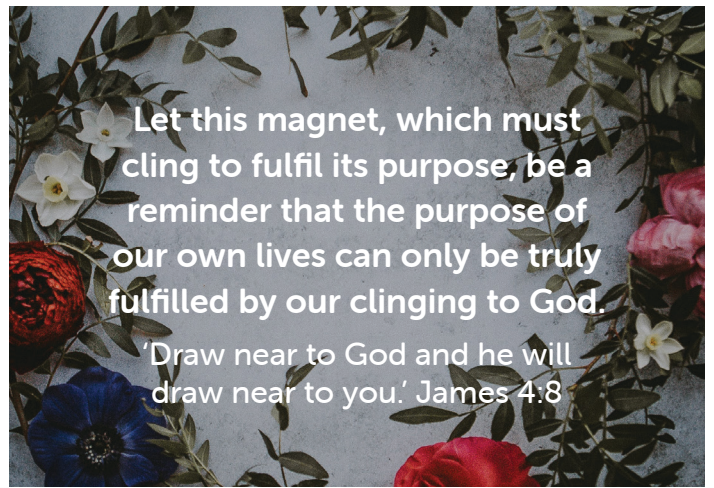
Psalm 119:11





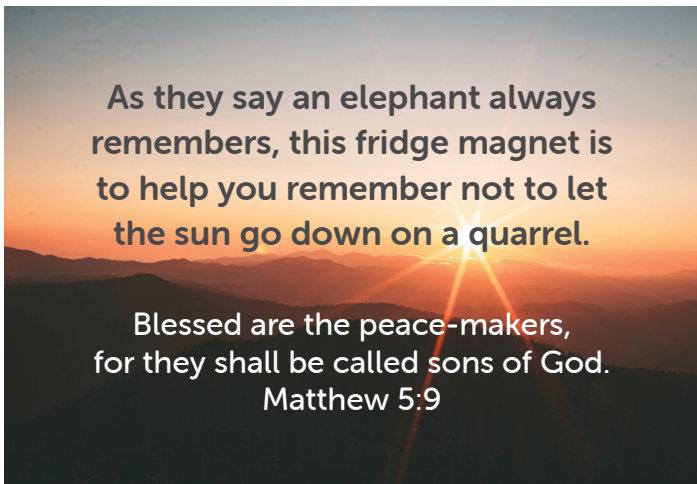
Let this magnet, which must cling to fulfil its purpose, be a reminder that the purpose of our own lives can only be truly fulfilled by our clinging to God.

'Draw near to God and he will draw near to you.' James 4:8



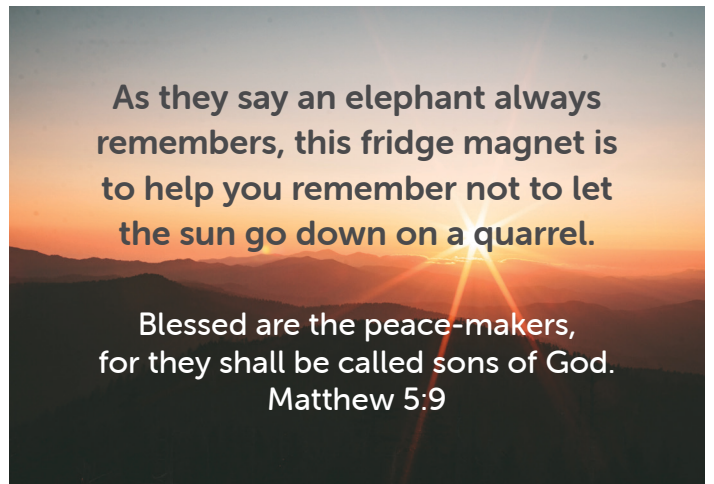
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As they say an elephant always remembers, this fridge magnet is to help you remember not to let the sun go down on a quarrel.

Blessed are the peace-makers, for they shall be called sons of God. Matthew 5:9



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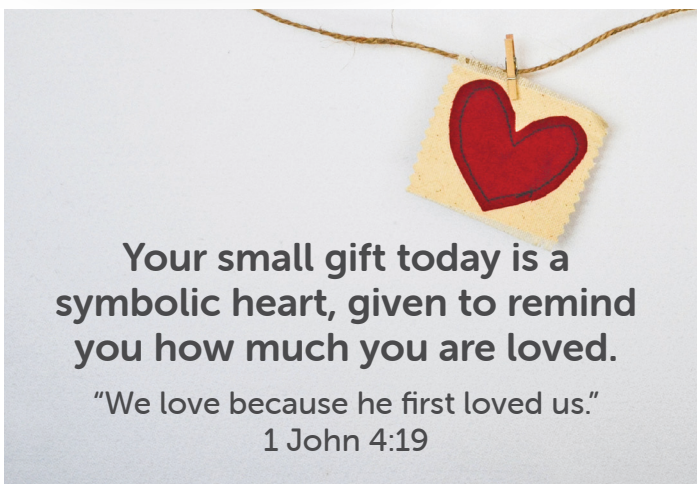
Blessed are the peace-makers, for they shall be called sons of God. Matthew 5:9



Why not wear this little teddy bear brooch today to remind you to give somebody a hug, for it is a perfect gift. One size fits all ... and it's likely you'll get one back.

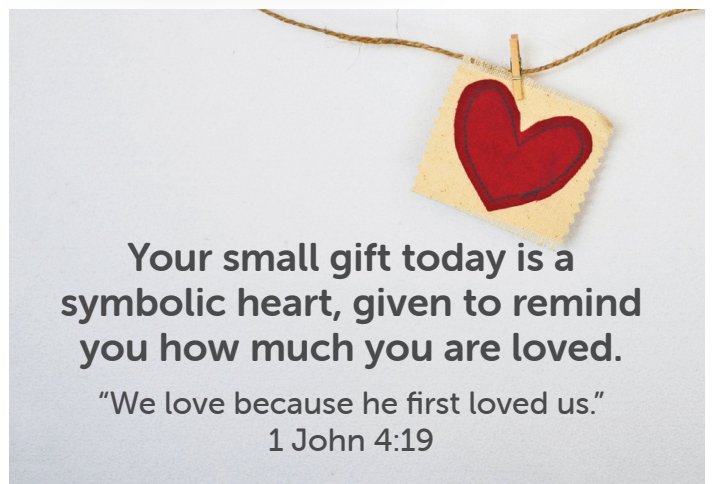


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Your small gift today is a symbolic heart, given to remind you how much you are loved.

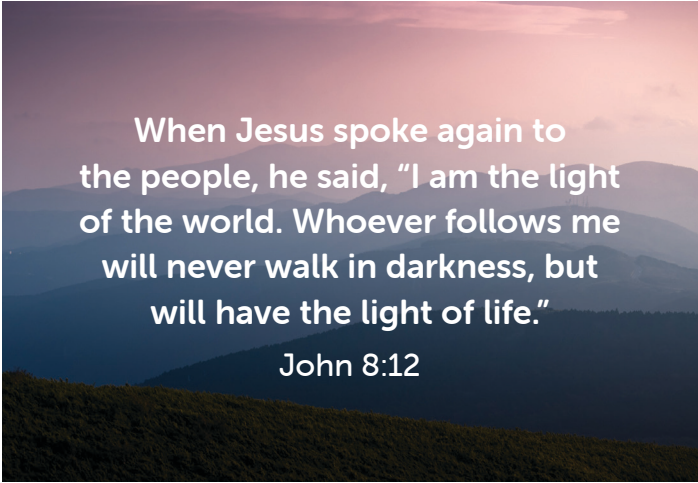
"We love because he first loved us." 1 John 4:19



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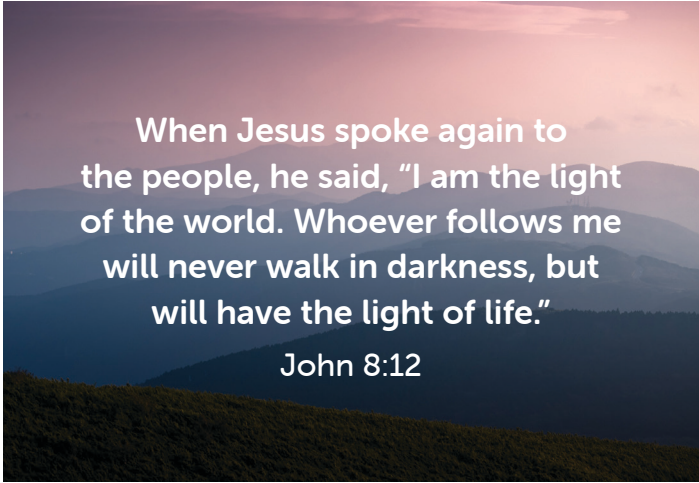
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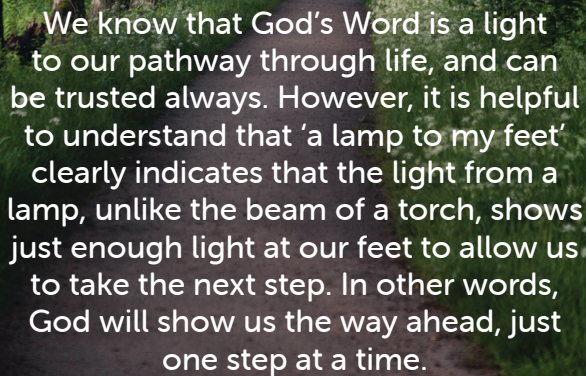
When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12

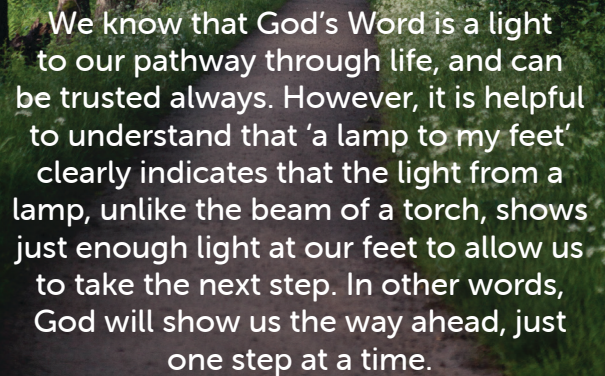


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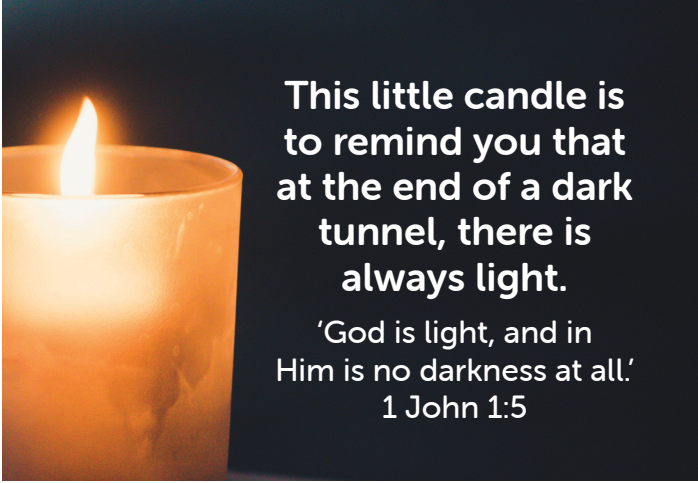
John 8:12



We know that God's Word is a light to our pathway through life, and can be trusted always. However, it is helpful to understand that 'a lamp to my feet' clearly indicates that the light from a lamp, unlike the beam of a torch, shows just enough light at our feet to allow us to take the next step. In other words, God will show us the way ahead, just one step at a time.

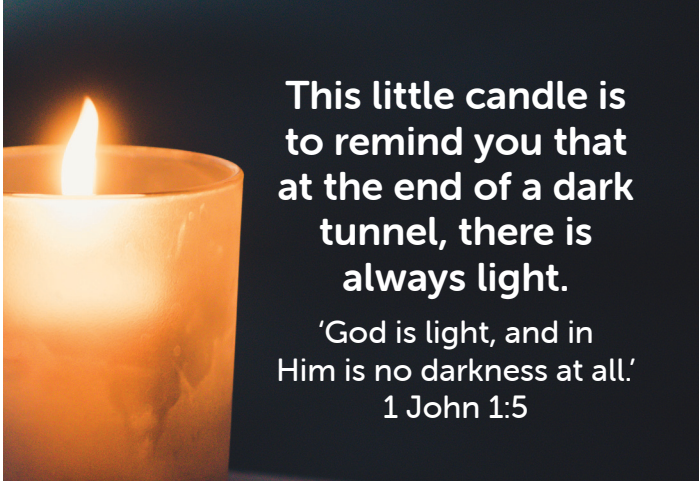


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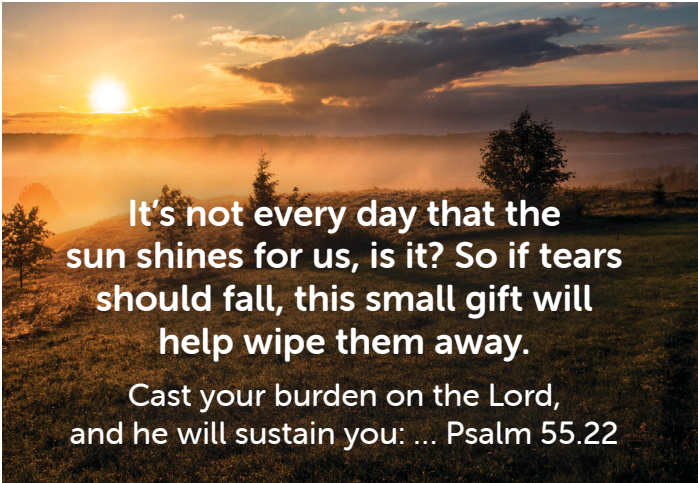
**This little candle is to remind you that at the end of a dark tunnel, there is always light.**

'God is light, and in Him is no darkness at all.'  
1 John 1:5



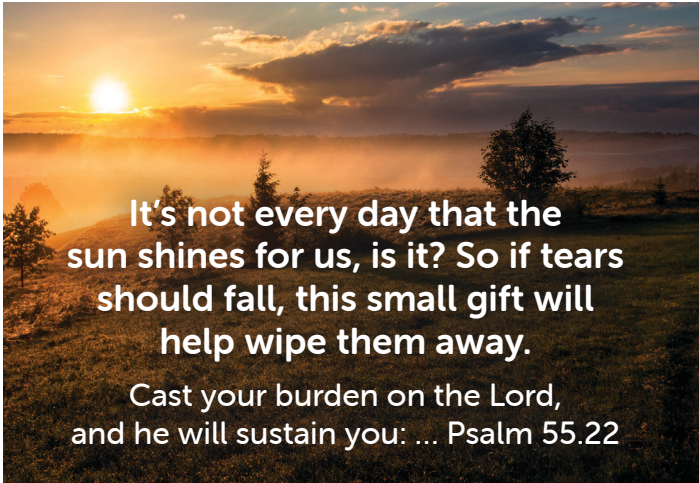
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It's not every day that the sun shines for us, is it? So if tears should fall, this small gift will help wipe them away.

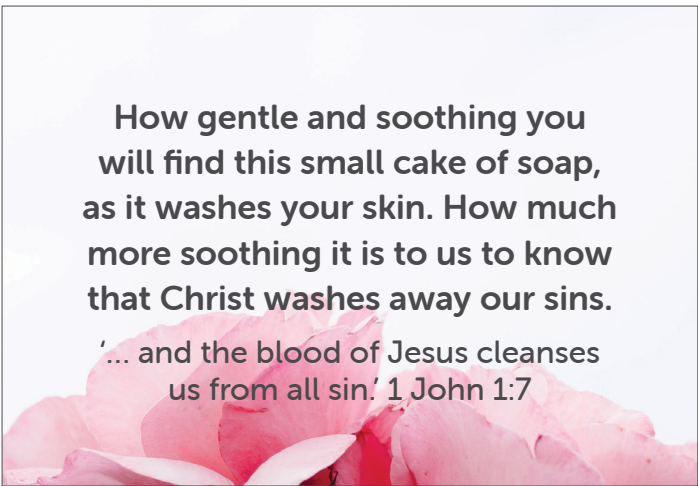
Cast your burden on the Lord, and he will sustain you: ... Psalm 55:22



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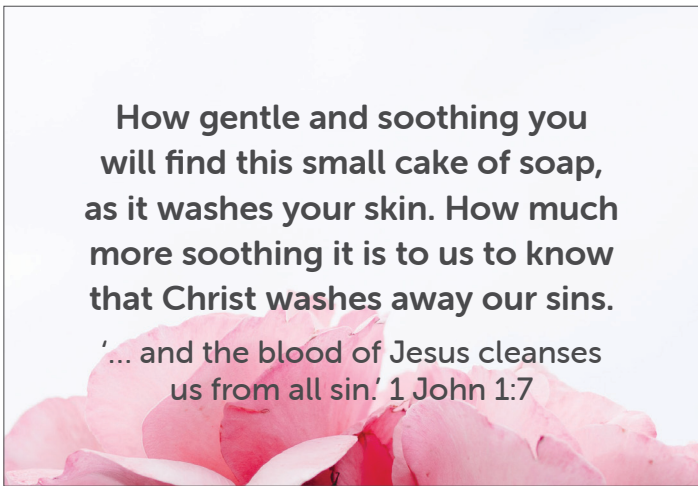
Cast your burden on the Lord, and he will sustain you: ... Psalm 55:22






How gentle and soothing you will find this small cake of soap, as it washes your skin. How much more soothing it is to us to know that Christ washes away our sins.

'... and the blood of Jesus cleanses us from all sin.' 1 John 1:7



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God says: I will turn the darkness into light before them and make the rough places smooth.

These are the things I will do; I will not forsake them.

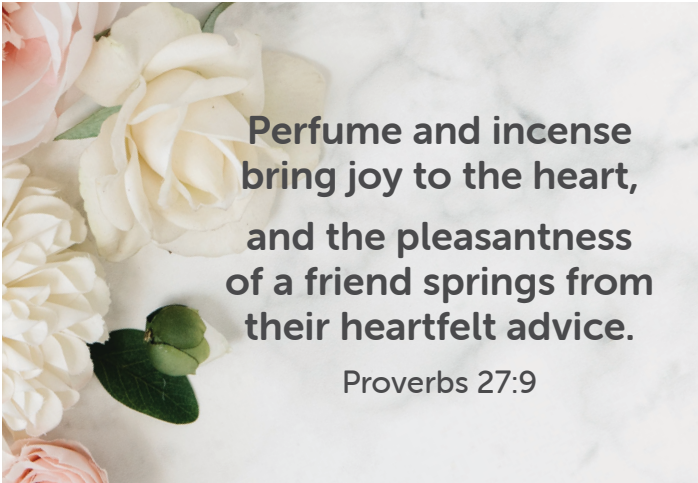
Isaiah 42:16



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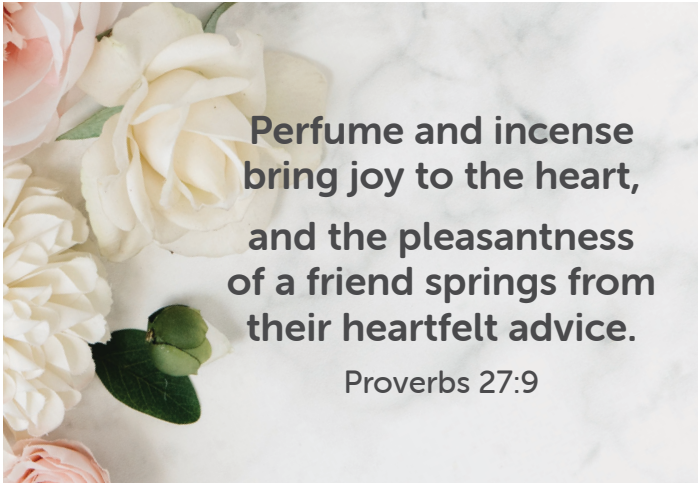
These are the things I will do; I will not forsake them.

Isaiah 42:16




Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.

Proverbs 27:9




Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.

Proverbs 27:9



Your gift for today—  
two sweets—  
one to keep and  
one to give away—  
with a smile!

'A cheerful heart is a good medicine.'  
Proverbs 17:22



Your gift for today—  
two sweets—  
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This small gift will allow you to keep pins and needles secure, and symbolises how important is our own need for security.

'Only God gives inward peace, and I depend on Him. God alone is the mighty rock that keeps me safe, and He is the fortress where I feel secure. God saves me and honours me.'

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We should always be friendly towards others, so why not invite a friend or neighbour in for encouragement and a cup of tea?

"You shall love your neighbour as yourself"  
Matthew 19: 19b



We should always be friendly towards others, so why not invite a friend or neighbour in for encouragement and a cup of tea?

"You shall love your neighbour as yourself"  
Matthew 19: 19b



Your word is a lamp to my feet, and a light to my path.



Psalms 119:105

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