

Earth



Supplies

- Non-drying clay (recipe for play-dough below)
- Plastic table cloth
- This sheet (or something written about the meditation)

Use a piece of clay to engage in a kinesthetic meditation.

Take some time to work with it in your hands, getting to know its texture.

As you mold it in your hands, call to mind the Genesis creation story in which humans are formed out of clay and God breathes life into them. Contemplate what it means to be created from the earth, of dirt and dust, and then breathed into. Consider the passage from Jeremiah (Jer:18) that says God is the potter and we are the clay.

As you continue to work with the clay in your hands, begin creating shapes, and notice the resistance of the material. Ponder your own way of resisting God's pressure on your life.

Continue to experiment and notice what shapes want to emerge until there is one that feels like an expression of your prayer experience.

When it is done, see if you can behold it without judgment, and bring a sense of wonder at this symbol---wonder at what it has to teach you about your connection to earth, wonder about God who works with to create life, wonder about the ways you resist and yield to God's touch.

Take some time to journal in response to this experience.

No-Cook Play Dough:

- * 1/2 cup of salt
- * 2 cups of plain flour
- * 2 tbsp oil
- * 2 tbsp cream of tartar
- * 1.5 to 2 cups boiling water
- * few drops of glycerine (for extra shine, stretch and smoothness- optional)
- * Mix all of the ingredients together in a bowl then knead it until it becomes smooth.

