Play Doh Prayer Meditation

**Ball**
Make a ball shape out your dough. You may continue to warm it, shape it, and knead it as you listen to this word from the prophet Jeremiah:

“The word that came to Jeremiah from the Lord. ‘Come, go down to the potter’s house, and there I will let you hear my words.’ So I went down to the potter’s house, and there he was working at his wheel. The vessel he was making was of clay was spoiled in the potter’s hand, and he worked it into another vessel, as seemed good to him. Then the word of the Lord came to me: Can I not do with you, O house of Israel, just as this potter has done? says the Lord. Just like the clay in the potter’s hand, so are you in my hand, O house of Israel.” – Jeremiah 18:1-6

◊ What shape are you in today?
◊ How is God shaping you?
◊ In what ways are you working together in God?

**You are the potter, we are the clay. We are the work of your hands.**

**Heart**
Make a heart shape out your dough. You may continue to warm it, shape it, and knead it as you listen to Psalm 51:

“Create in me a clean heart, O God, and renew a right spirit within me.” – Psalm 51:10

◊ Who are you friends? Family members? Teachers? Is your heart soft or hard towards them today? Is there any one of these relationships where your heart needs softening? Spend a few moments asking God to soften your heart in these places?
◊ Who are the people who you don’t get along with? Don’t care about? Actively dislike? Spend a few moments asking God to soften your hearts toward one another, to ease conflicts, to bring peace.
◊ What is the shape of your heart before God today? What is on your heart and mind that you need to share with God? Take few moments to do this...

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**Figure**

Make a shape out of the dough that represents you. You may continue to warm it, shape it, and knead it as you listen to Psalm 139:

“O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down and are acquainted with all my ways.” – Psalm 139:1-3

“For it was you who formed my inward parts; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. My frame was not made in secret, intricately woven in the depths of the earth.” – Psalm 139:13-15

◊ How do you see yourself?
◊ How does the world see you?
◊ How does God see you?
◊ How are these perspectives the same?
◊ How are they different?
◊ Remembering that God loves you all the way, no matter what, take a few moments to thank God for the shape of you, and to ask for what you truly need this day.

**You are the potter, we are the clay. We are the work of your hands.**  
Amen.