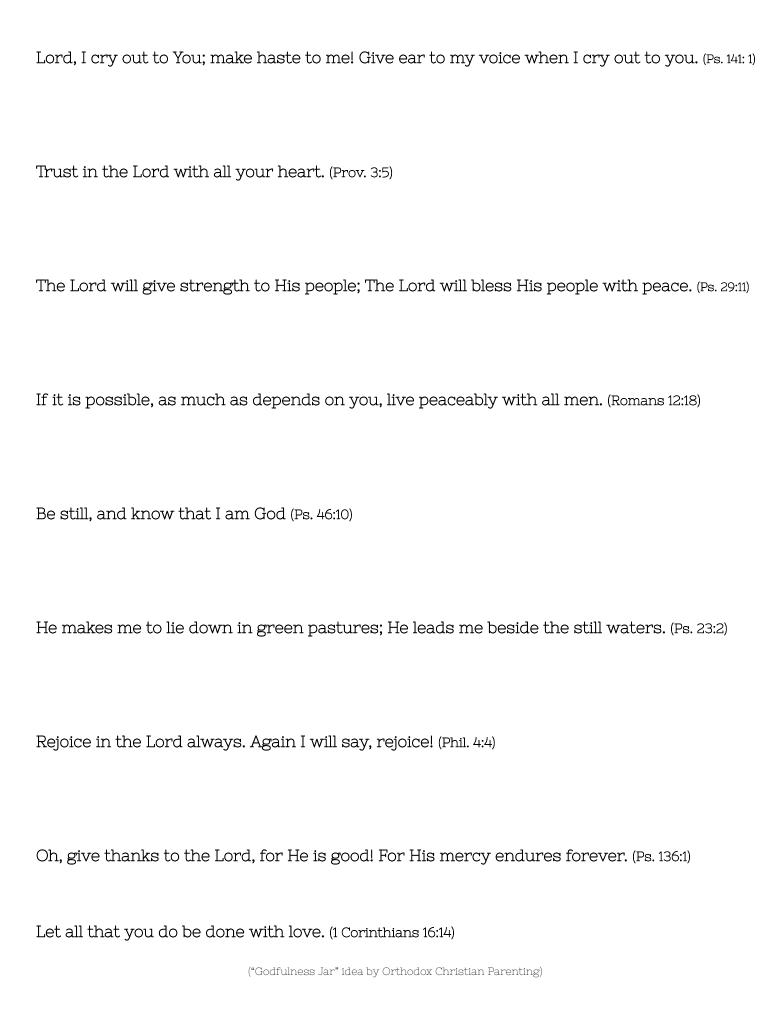
## Creating a "Godfulness" Jar

Cut these prayers, scriptures, and quotes apart. Add your own prayers, quotes, and scriptures on other

strips of paper. Fold each strip and place it in a jar. Label the jar "Our Godfulness Jar" and keep it where you can find it whenever you need to re-focus your mind on God. (Scripture quotes are from the NJKV.)
Lord have mercy.
Lord Jesus Christ, Son of God, have mercy on me, a sinner.
Lord, teach me to do Thy will.
Let all adverse powers be banished beneath the sign of the image of the Cross.
Make haste O God to deliver me! Make haste to help me, O Lord! (Ps. 70:1)
This is the day the Lord has made; we will rejoice and be glad in it. (Ps. 118:24)
The Lord watches over my coming out and my going in both now and forevermore. (Ps. 121:8)

("Godfulness Jar" idea by Orthodox Christian Parenting)



Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. (John 14:27)

"Wherever God is — there is peace. And the opposite is self-evident: where there is envy, enmity, impatience, self-love — there is the devil. Wherever the devil is — there, everything is ruinous, proud and hostile." ~ St. Anatoly of Optina

"Beware of passionate attachments to the world. Although they deceive you with peace and comfort, they are so fleeting that you do not notice how you are deprived of them, and in their place come sorrow, longing, despondency, and no comfort whatsoever." ~ St. Leonid of Optina

"All pious people are filled with the Spirit of God similarly as a sponge is filled with water." ~ St. John of Kronstadt

"Evil and faults are corrected by good, by love, kindness, meekness, humility, and patience." ~ St. John of Kronstadt

"The first stage of this tranquility consists in silencing the lips when the heart is excited. The second, in silencing the mind when the soul is still excited. The goal is a perfect peacefulness even in the middle of the raging storm." ~ St. John Climacus

