The Peace Jar

What You Need

- A clean jar, cup, or small box (you can decorate it!)
- Small slips of paper or index cards
- A pen or pencil
- Optional: Stickers, markers, or ribbon to decorate the jars

What to Do

1. Decorate Your Peace Jar
Write "My Peace Jar" or "Rest Over Riches" on the outside. Decorate with calm, happy images — maybe clouds, hearts, or peaceful nature scenes.

2. Think About Peace
Ask yourself: When do I feel the most at peace? Is it when I'm outside? Snuggled up reading a book? Talking to God? Helping someone?

3. Write It Down
On each slip of paper, write or draw one moment, activity, or place where you feel peaceful and content — where you feel safe, calm, and happy without needing to buy anything.

Example:
"When I'm riding my bike"
"When I'm praying before bed"
"When I'm baking cookies with Grandma"

4. God's Peace Prompt
On one slip, write this Bible reminder:
"God's peace is better than anything money can buy!" — Proverbs 15:16 (adapted)

5. Daily Peace Check
Anytime you feel worried or restless, take out a slip from your Peace Jar. Think about (or do) the peaceful thing you wrote down. Then say a short prayer asking God for His peace in that moment.