

Origami Butterfly: A Meditation on Wonder

Say:

God made heaven and earth, the sky, the seas, mountains, plants, animals, the sun, the moon, the stars, *everything*.

And God saw that it was very good. How could it not be? It was made by God.

God also sees that *you* are very good. How could you not be? You were made by God.

Give your child the paper butterfly.

Say:

As you hold your butterfly, I want you to think about your favorite food in the whole world. Without God, that food wouldn't be possible. Even though a person might have prepared your favorite food, God made that person. God made all the things necessary to make that food.

Wow!

Very quietly whisper to your butterfly the word "Wow!"

[pause for a moment to do this]

Now think about your favorite animal in the whole world. Think about what makes that animal so special to you.

Very quietly whisper to your butterfly the word "Wow!"

[pause for a moment to do this]

Now, think about God. Don't focus on all the things God can do for you. Focus instead on how wonderful God is simply because God is God.

Very quietly whisper to your butterfly the word "Wow!"

[pause for a moment to do this]

Don't forget to stop every once in a while, and tell God, "Wow!"

Note: The text on the butterfly – Renew a right spirit within me - comes from Psalm 51:10. Aside from wonder, the butterfly is a powerful symbol of renewal.