

SERVICE 4 MENTAL HEALTH

Pots, Plants, Posters, and Prayer

Materials: Small plant pots, soil, flowers or flower seeds, poster board, markers

Time: 30-60 minutes

Cost: \$50

Prep: One week prior to the event, purchase the items needed for the event. If purchasing flowers, be sure you have a plan to water them before the event to keep them alive. The day of the event, set out the materials at two different stations -- one for the plants and one for the posters. Ahead of time, print life-affirming ideas and phrases youth can write on the posters and plant pots, such as life-affirming quotes, hymn lyrics, and Bible verses.

During the event

1. Have students write life-affirming messages or draw life-affirming pictures on the plant pots and posters.
2. Fill the plant pots with soil and have each student pick a flower or flower seed to plant.
3. After creating the posters, hang them around your school and church, serving as reminders to other students and church members that they are Made 4 Life.
4. After the plants have been potted and the posters have been hung, bring everyone back together and pray that the life-affirming messages shared would be encouraging to those who are struggling. Ask God to hold them in His hand of comfort during times of anxiety.

