

WHY NOT START A NEW NEW YEAR'S TRADITION?



Blessings Jar

If you don't have a jar, get a notebook and write your blessings in that instead!

WHAT IS A BLESSING JAR?

Blessings jars are a practical and fun way to keep a record of the things that you're thankful for on a daily basis. Whenever you recognize something that is a "blessing" in your life throughout the year, just write it on a piece of paper, fold it up, and stick it in the Blessing Jar. It might be as simple as a good chat with a friend, a hug, a gift, having the ability to play sports, having food on your table....

You can do this alone, or with your family, or even your youth group. Then decide how often you want to empty out the jar out to count your blessings: maybe on New Year's Eve, each month, on a special Feastday, or, if you're having an especially tough day, you may just want to empty out the contents of the blessings jar right then and be reminded of God how is blessing you each and every day! It will be a great reminder of God's faithfulness... in times of joy as well as in times of struggle.



HOW TO MAKE A BLESSING JAR

- Choose a large jar (or use a notebook or box if you can't source a jar)
- Stick the Blessings Label on the jar.
- Choose a scripture passage if you'd like (see next page for ideas), punch one end and tie to your jar with string.
- Decorate the jar with stickers, washi tape, ribbon, string - whatever way you like! (*Google Blessing Jars and you'll get lots of ideas!*)
- Write your first blessings idea on a small note card, fold it and put it in the jar.
- Make sure you have paper and pen near the jar to make the process easier each time you see a blessing you want to record!
- Enjoy the process and choose to be thankful every single day
- Repeat as often as you like



"MAY HIS FAVOUR BE UPON YOU AND A THOUSAND GENERATIONS,
AND YOUR FAMILY AND YOUR CHILDREN, AND THEIR CHILDREN, AND THEIR CHILDREN"  THE BLESSING - KARI JOBE

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

BLESSING JAR SUGGESTIONS FOR LABELS



or create your own!

And my God will supply
every need of yours
according to his riches in
glory in Christ Jesus.
Philippians 4:19

Every good gift and every perfect
gift is from above, coming down
from the Father of lights with
whom there is no variation or
shadow due to change.
James 1:17

The Lord bless you and
keep you; the Lord make his
face to shine upon you and
be gracious to you; the Lord
lift up his countenance upon
you and give you peace.
Numbers 6:24-26

Fear not, for I am with you; be
not dismayed, for I am your
God; I will strengthen you, I will
help you, I will uphold you with
my righteous right hand.
Isaiah 41:10

And from his fullness we
have all received, grace
upon grace.
John 1:16

Blessed be the God and Father
of our Lord Jesus Christ, who
has blessed us in Christ with
every spiritual blessing in the
heavenly places,
Ephesians 1:3