

Spiritual Valentine Bouquet

By Julie Filby



On Valentine's Day, a holiday known for a booming flower business, teach the value and benefit of praying for those you love by making a "spiritual bouquet." Craft a bouquet of flowers, filled with petals of prayer intentions and prayers of thanksgiving for parents, grandparents, siblings, teachers, and friends.

For
Young Family

Season

Winter (consider doing this activity in early February, leading up to Valentine's Day Feb. 14)

Needed

Construction paper, scissors, markers or crayons, plastic straws, glue, stapler; optional: embellishments such as glitter, stickers, watercolors, and the like.

Prepare in Advance

- Consider your prayer intentions for loved ones.
- Gather supplies, and cut a few paper daisy-like flower petals to get started.

Activity Plan

1. Explain what a spiritual bouquet is: it's a compilation of prayers that someone (or group) pledges to offer for another person or group in order to express joy, sorrow, best wishes, or to commemorate a special occasion.
 - In this case, the bouquet will be a collection of prayers gathered by your family to commemorate your loved ones on Valentine's Day. Respond to the Lord's call to "love your neighbor" (Mark 12:31) by remembering them in prayer.
 - Variations: your family can make one community bouquet to keep at home; or make individual flowers that can serve as gifts for parents, grandparents, teachers, friends, neighbors, or other relatives or loved ones.
2. Cut a circle out of paper to serve as the flower's center. Cut out several daisy-shaped petals. Write one prayer intention or a prayer of thanksgiving on each petal. Decorate the petals as you like.
3. Glue the petal intentions around the center until your daisy is filled. If the flower is for an individual, write their name in the center. Staple the flower to a plastic straw "stem." You may want to cut out and staple paper leaves to the stem.
4. Place the flower(s) in a vase.
5. As a family, perhaps before supper, gather with the bouquet and pray for the intentions of your loved ones. The bouquet will serve as a reminder to keep the needs of others a priority, and the importance of thanking God for the many gifts and blessings God provides.
6. If the flower is meant to be a gift, give it to the recipient on Valentine's Day, explaining that your family has been praying for their intentions.