



Create a family blessings jar

One way we can overcome the jealousy we may sometimes feel is to remember how blessed we are.

Get an empty jar or box

Decorate it

Cut up strips of paper

Put a pen and the strips of paper next to the jar

Send us in a photo of your family blessings jar ready to be filled.

Each time someone in your family has something they're grateful for write it on a strip and put it in the jar.



At the end of the week, during some family time, take out all the strips of paper and read them out, thanking God for his many blessings.