CREATING A JOYBOX

STEP 2 Instructions

Selecting Items for the box

*These instructions are for a box that will go to a person who is home-bound, recovering from surgery, waiting in hospital, suffering from a loss or with chronic illness.*

a. **BOOK**– *One Thousand Gifts*, Devotional, or Gift Book
   I choose one of Ann’s books:
   either the complete book or
   the gift book (if I’m not sure the receiver
   is a reader, they may enjoy this book more)
   or the devotional book which has 60
   short passages with space to journal.

   I watch for sales at Family Christian book-
   Stores, Lifeway, or online sources:
   Amazon or Christianbook.com. Each place
   frequently has half price sales or coupons; I buy three or four when they are half price.

b. **BLANK JOURNAL**

   I found Michaels to be the best
   place to buy these. In their bins
   near the front they have many,
   many items for only $1. I buy
   several at once so I can select one
   to go with a box. You can
   sometimes find journals in
   Target’s dollar bins. If you don’t
   have a Michaels near you, always
   check your discount or Dollar
   stores. Remember to look in the
   clearance racks often.
c. **SEA GLASS**

You can find small bags of bluish green and white broken glass in the craft areas of many discount stores. Look for them in the section with bags of stones and flower arranging materials. I find a small box, either cover a gift box or use a metal one, and place a few pieces of glass inside with tissue paper.
Just as the waves and currents have tossed and tumbled this glass, so has your life been tossed and tumbled by trials, grief, temptations, and sorrow. Glass bottles and jars are broken and reshaped by the sea. The rough, sharp edges of the glass have been smoothed and polished. So has your life.

And through it all God the Creator and Giver of all gifts has held you in His hand. He will never, never leave you.

Think of the soothing sounds of waves lapping on the beach. God is taking care of you.
d. **Seashell**

You can find shells in any craft store and many discount stores. Look for a *channeled whelk* like this one. Print out the sheet that follows to fold in half. Add a picture to the front and place them together in the box. You may want to wrap them in tissue paper. There is a separate page to printout for the text with the seashell.
The shell in your box is called a channeled whelk. Yours probably is broken because that's how I found it on the beach at Gulf Shores.
This is how Anne Morrow Lindberg described her shell:
“...it is simple; it is bare, it is beautiful...its architecture is perfect, down to the finest detail. It's shape, swelling like a pear in the center, winds in a gentle spiral to the pointed apex. Its color is whitened by a wash of salt from the sea. Each whorl, each faint knob, each criss-cross vein in its egg-shell texture, is as clearly defined as on the day of creation. My eye follows with delight the outer circumference of that diminutive winding staircase up which this tenant used to travel.”
from Gift from the Sea by Anne Morrow Lindberg

She uses the shell to remind her of how a simplified life, living in grace – inner spiritual harmony begins with a simplified outer life. Looking at the outside of this shell can remind you that simplification of outward life can be a road to grace.

As simple as this shell is, I marvel at God's design for this one small home for a tiny snail-like creature. Think of all the creatures of the sea he created and then be amazed at your own marvelous self – a complex body composed of tiny bits of DNA unique only to you. And He made us in His own image!

Use this shell as you list the gifts God has blessed you with – there are so many applications, and they depend on where you are in your life. Your life may be swamped with many responsibilities and complications, and simplification seems a far off dream. I encourage you to find a few minutes every day just for you and God to commune. Even if all you do is hold the shell, close your eyes, and ask God to pull you closer to Him.

Just as the sea ebbs and flows with the tide, we do the same in our relationship with God. It takes work to stay with Him, but He is ever faithful and will ALWAYS, ALWAYS be there waiting for us to come to Him.

James 4:8 “Draw near to God and he will draw near to you.”

Jeremiah 31:3 “I have loved you with everlasting love; I have drawn you with loving-kindness.”
Printout Page

Bookmarks: print, cut out, and glue to a heavier paper for a background. Punch a hole in the top and add a ribbon.

Remembering is an act of gratitude.
A. VosKamp

Gratitude is a memory of God’s heart
A. VosKamp
To thank is to remember God
A. Voskamp

The Lord your God is with you.
He is mighty to save.
He will take great delight in you,
He will quiet you with His love,
He will rejoice over you with singing.
Zephaniah 3:17
The Yes to all of God's promises is in Christ, and through Christ we say YES to the glory of God. Remember God is the one who makes you and us strong in Christ.

God made us His chosen people. He put his mark on us to show that we are His, and He put His Spirit in our hearts to be a guarantee for all He has promised.

I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything, I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Philippians 4:11-12

2 Corinthians 1:20-22
SCRIPTURE CARDS: these will fit on 3 x 5 cards

...that the God of our Lord Jesus Christ, the Father of glory, may give me a Spirit of wisdom and revelation so that I may know him better, that my eyes may be focused and clear so that I can see exactly what he is calling me to do. Eph. 1:17-18

Wait for the Lord;
Be strong and take heart
And wait for the Lord.
Psalm 27:14
BOX FOR A TEENAGER
Read the explanation sheet for the inside of boxlid to see how I personalized the box.

PRINTOUT FOR PICTURE FRAME
Tear the edges of the page and mount on a contrasting paper.
Place in an inexpensive frame that will fit inside the box.

Appearing to be Perfect is Deceptive
and
being beautiful and skinny
doesn’t last very long,
but
a young woman who
trusts in the Lord is loved.
LaJuana Gill