BOXLID NOTES

STEP 4  MY EXAMPLES

a. Box for a female adult
   The text for this box appears in this document. You can print it out but should really create your own unless you know how to edit a PDF document.

b. Box for teenager
Dear Kali,

This box has been created just for you on your 16th birthday. The idea “Joy In A Box” comes from Ann Voscamp who wrote _one thousand gifts_. I have selected small things that don’t cost much but have significant meaning or use for your journey in life.

1. **Butterfly Journal**
   For recording your daily gifts. I have learned that finding joy in the smallest of things God gives us every day changes my perspective. I’m now looking for His gifts and finding them in unlikely places. I encourage you to write every day. If you record 3 a day, you’ll have 1000 in a year! See if God has blessed you that many times.

2. **Purple Butterfly**
   Symbolizes who you are becoming. As you blossom into womanhood, remember that God created you just as you are, and today ---- if you don’t feel beautiful, He does.

3. **“I Wanna be a Butterfly”**
   Jennifer used the butterfly in a retreat she taught for the teenage girls in Cookville not long before she died. She used this song and the lesson of change to help her girls know that God will guide you through your next few years. All the girls wore a butterfly pinned to their collars at her funeral.

4. **Sea Glass**
   Read the message inside the box!

5. **Beach bookmark**
   I took this picture at Gulf Shores – one of my favorite places. Stick it your Bible or on your mirror to bring you peaceful moments.

6. **Picture frame**
   Jennifer framed this quote after she attended a girls’ retreat when she was in high school. I think most teenage girls need to remember this.
Dear [Name],

This box has been created just for you to help your healing process. The idea “Joy In A Box” comes from Ann Voscamp who wrote *one thousand gifts*. I have selected small things that don’t cost much but have significant meaning or use for your journey in life.

1. *one thousand gifts*
   This book has made such an impact on my life. I pray that reading it will give you the perspective that “gratitude is a memory of God’s heart.”

2. *Journal*
   The main point of Ann’s book is that by counting God’s gifts we can overcome the burdens and “ugly” in our life. If you write 3 gifts each day, you will have 1000 in a year. In the front of the journal is the August Joy Dare. It gives you suggestions for each day of the month. You can find these monthly reminders on her website: aholyexperience.com. You can subscribe her daily blog there – it is so rich with even more than the book.

3. *Sea Glass*
   Read the message inside the yellow box!

4. *Seashell (wrapped in tissue)*
   The card explains it all.

5. *A Prayer Cross*
   Read the tag.

6. *Additional Items*
   - Scripture cards to inspire, comfort, and encourage
   - Courage Stone to remind you every day that God will provide.
   - Bookmarks with inspiration
   - Sachet – to stick in a drawer for a refreshing breath
   - Stress Relief lotion – my favorite scent