

# Centering In Christ | Mandala Quilt

Mandala, originally from the Indian language of Sanskrit, loosely translates to mean “circle.” It is now used in multiple faith traditions as a tool for meditation. For Christians, the mandala may represent wholeness and completeness. It also reminds us that God is at our center and we go out toward the world remembering that God is at the core of who we are.

Choose one of the four mandala designs and spend a few minutes coloring in the design. As you color, meditate on one of the psalms on the table, consider these questions for reflection and spend some time in prayer:

- How do you remember that your life is created by God and centered in Christ?
- What practice helps you stay centered in Christ amid all the pressures of the world?
- Would others recognize you as a person centered in Christ? How?
- How will you carry God and Christ out into the world with you?

Once you have finished your coloring and praying, glue your mandala to a square of black paper and add it to the mandala quilt. You may want to take a photo of the quilt with your phone to remind you that you are part of a large community all of whom are committed to keeping Christ at its center and carrying Christ out to a world yearning to know him.

God is the strength of my heart and my portion forever. — Psalm 73:26

But for me, it is good to be near God; I have made the Lord God my refuge, to tell of all your works. — Psalm 73:28

Bless the Lord, O my soul, and all that is within me, bless God's holy name  
— Psalm 103:1

Know that the Lord is God. It is he who made us, and we are his. — Psalm 100:3

For God alone my soul waits in silence; from him comes my salvation. — Psalm 62:1



