



Kintsugi Woman

by Sandra Lett

- Have you ever heard of these Japanese words and history?
- What were your first thoughts when you looked at the interesting cover of this interesting pottery?
- Even though you may be in the middle of something hard, can you think about ways you might be learning something, or growing stronger? Can you think of the gold that might be added to a painful process?

Bonus Questions:

- Is there something or someone in your life that could use the vision of Wabi-Sabi? Can you find something beautiful in the imperfections? Even in yourself?
- Kansha is gratitude. Name three things you are grateful for in this day.

Reach UP to God:

- God is at work in you. Ask him to give you a glimpse of the glory that is coming as He works all things together for good (Romans 8:28) bringing beauty from ashes (Isaiah 61:3-4).
- Remembering that we are made in God's image (Genesis 1:27), can you name the beauty in some of your imperfections? Ask God to love you deeply in these hurting or imperfect places.
- If you have been healed in some deep ways (or even in the midst of pain), could you take a few minutes now to practice Kansha, speaking gratitude out loud for what IS?