



Beaded Bracelet

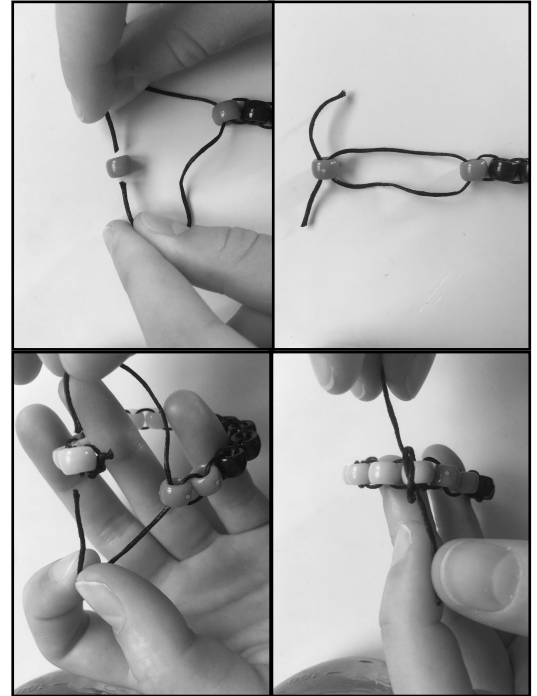
- Beads
- Twine or string

How to make a bracelet:

1. Thread one end of the twine through your first bead and pull the bead to the middle of the twine.
2. Thread each end of the twine through the second bead on opposite sides. (The two ends of the twine should cross each other inside the bead.) Pull the twine tight so the second bead rests on top of the first.
3. Repeat with each bead.
4. Make sure the bracelet is wide enough for your hand to fit through. When you're happy with the length of your bracelet, thread both ends of the twine through the first bead. This should close the circle. Tie a double knot.

How to make a beaded cross:

1. Start the same way you did for the bracelet. Thread one end of the twine through your first bead and pull the bead to the middle of the twine.
2. Thread each end of the twine through the second bead on opposite sides. (The two ends of the twine should cross each other inside the bead.) Pull the twine tight so the second bead rests on top of the first.
3. Repeat for the third bead.
4. Put the fourth bead on one end of the twine. Thread that same end of twine through the third bead.
5. Put the fifth bead on the other end of twine. Thread that same end of twine back through the third bead.
6. Thread each end of the twine through the sixth bead on opposite sides (like you did in step 2).
7. Tie a double knot and cut off the ends of twine.



When strands of twine rub together, they create a force called friction. This is what makes knots strong and keep them from coming loose.

“Just as lotions and fragrance give sensual delight, a sweet friendship refreshes the soul.” Proverbs 27:9

Did you know that giving someone a gift is a way to say “I love you?” We don’t always say “I love you” to our friends even if we do love them. Think about giving your beaded bracelet to a friend. Good friends give us gifts all the time when they spend time with us. Like this verse says, good friends “refresh our souls.” How can you love your friends well?