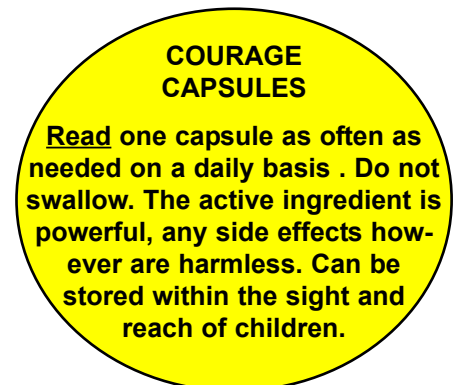


# COURAGE CAPSULES

Make courage capsules for someone. They are great for Birthdays, when you need a little something to encourage somebody or just for any occasion.

## You need:

- ◆ large empty capsules. You can buy them at the pharmacy or the drugstore. You might want to print this out and show them so they know why you want them. My pharmacist gave me a rather odd look when I asked for empty capsules the first time. In between he has gotten to know me and has realized that I am not selling drugs or something... ☺
- ◆ a glass jar with a screw on lid
- ◆ encouraging Scripture verses printed on bright colored paper. That is pretty easy to do with the coputer, just copy and paste from a Bible program or from websites like [www.bible.com](http://www.bible.com) where you can choose between many different translations.
- ◆ round piece of calico material about 1 inch in diameter larger than the lid
- ◆ ribbon to tie around the lid



Example of a label

## What you do:

- ◆ Cut the strips of paper with the scriptures on them.
- ◆ Roll each one together tightly, insert it into one half of the capsule and close the capsule. Repeat until you have rolled up every Scripture verse and closed them in capsules.
- ◆ Apply some glue on the lid and attach the material to it. When you have screwed the lid on, tie a ribbon around the edge of the lid.
- ◆ Make a label to fasten to the jar of capsules. You can write whatever you like on it. Here is an example of a label I made. I glue them on with wide clear packaging tape.
- ◆ Depending on who you give them to, you could rename them to something like “Strength Capsules” or “Peace Capsules”. Let your creativity inspire you.☺

The finished jar of Courage capsules

