

Transformed!

Because of the metamorphosis that a butterfly undergoes, it's often the symbol of transformation.

Transformation is defined as the act of being changed.

The beautiful thing about friendships are that they have the ability to change all who are a part of them in both positive and negative ways.

Think about a friendship that has positively transformed you.

Use a sharpie to write down a few words or sentences that describe the ways in which that friendship has changed you.

Then use the glitter glue to further transform your butterfly.

As you do, say a prayer of thanksgiving for your friend and the way he or she has changed you.

Leave your butterfly on the table so others can also thank God for the ways in which you have and are being transformed in your friendship.