



Wondering Creatively A 30- 45 Minute Session

This session has been adapted from the 2016 Practice Discipleship Curriculum on *Wonder*. The full session can be downloaded at www.nemnsynod.org/Discipleship or www.practicediscipleship.org

SESSION DESCRIPTION

Virtually every one of us is creative as a child, but as we grow older we often lose a sense of that wonder and freedom that comes with creativity. We begin to judge our creative efforts, seeing them more as an artistic competition rather than a Divine Invitation to experience AND express the Holy in a new way. In this session we will re-imagine the concept of creativity, and through hands-on explorations, rediscover God's creative presence and vision for our lives.

Learning Outcomes:

- Participants will rediscover/redefine the presence/wonder of creativity in their life.
- Participants will identify/explore steps to re-embrace creativity in their lives.

BIBLICAL FOCUS

Genesis 1:26-27 and 2:19-29

Revelation 3:20

MATERIALS NEEDED

- Bible
- Opening video invitation (*optional if you have closer to 45 min*)
- PowerPoint images (*optional*)
- Paper
- Markers/Crayons
- Hand out sheets

LESSON PLAN FOR SESSION

Read The Divine Invitation (video optional depending on time):

As children, we were inherently creative. Crayons, chalk, yarn, Legos, dolls, dress up clothes...virtually everything placed in front of us nourished and fed our creative nature. Everyone played in the sandbox, every child dug deep into the Play dough. But as we grow older, we start to divide people into two camps: Those who are creative...and the *rest* of us. It's easy to spot the Creatives. They're the artists, the musicians, writers, actors, sculptors, dances, chefs. The Non-Creatives are everyone else – accountants, electricians, scientists, stay-at-home parents, auto mechanics, clerks, telemarketers, I.T. specialists, waiters, pilots,

dentists...When does this magic division happen? At what age do we suddenly see “creativity” as a talent we either fully do or do NOT have?

Creativity is an experience – a life-long invitation to join hands with the Holy Spirit to experience the divine. When we open ourselves to our creativity, we open ourselves to our Creator. Julia Cameron, author of *THE ARTIST’S WAY*, named a literary work of genius, offers these principles.

1. Creativity is the natural order of life. The very existence of the universe and everything in it is the result of pure creativity.
2. There is an underlying, in-dwelling creative source infusing all of life – including ourselves.
3. **We are, ourselves, creations. And we are meant to continue creativity by being creative** ourselves.
4. Creativity is God’s gift to use. Using our creativity is our gift back to God.
5. Our creative dreams and yearnings come from a divine source. **AS WE MOVE CLOSER TO OUR CREATIVE DREAMS, WE MOVE CLOSER TO OUR DIVINE CREATOR.**

God is an artist. So are we. Because we are made in the image of God, our creativity and faith are intertwined. To embrace and enjoy a creative life, we need to be free to experience Holy inspiration and release our inhibitions and fears.

Taking Stock (5-10 min)

On paper, and using the markers or crayons, draw a simple example of something creative you enjoyed as a child. Was it writing? Painting? Dancing? Drawing? How did it make you feel then? Envision yourself doing it now an adult. If you still enjoy this activity, how does it feel? If you don’t, why not? What would happen if you began again? List any fears, joys, inhibitions, etc....

Invite people to share their drawings if they are comfortable doing so – if you are in an intergenerational group, encourage both kids and adults to share!

To understand our relationship to God’s creativity, let’s start at the very beginning – **CREATION**. *(if group is large, dive into small groups of 6-8. If intergenerational, make sure there is good representation of each age in each group)*

Scripture & Discussion:

- Read Genesis 1:26-27 and 2:19-29
- How were we created?
- What was the foundation/model for humanity’s creation?
- Describe the events of Genesis 2:19 as if you were in Adam’s place.
- What do you think naming the animals required of Adam?
- When have you felt you were in close communion with God?
- How, or is, creativity part of your relationship with God?

Creativity is part of our nature; we have been gifted with the ability to create, with the divine gift of imagination. When we use our imagination we put into play our experiences, personality, abilities and talents – all the divine ingredients that go into making each of us. ***Our creativity is a link to the living God; a Holy Invitation to experience the very presence of the Divine on this side of heaven.***

HEART'S ROOM (optional if time allows – 5-10 min)

(Guided meditation – from The Creative Life)

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him and he with me.” Revelation 3:20

After you read this verse, close your eyes, relax into your chair and breathe deep. As you breathe in, feel your breath going into your shoulders and arms....allowing tension to be released. Breathe in again, and think of the verse. Imagine that the door is the door to the room of your heart. Now picture your heart's door.

- What does it look like? Is it made of wood? Does it have a latch? Is it a screen porch door? Maybe a metal door with a peephole?
- What does it feel like to the touch?
What does it feel like to approach the door from the outside?
Now open the door and describe the room. What are the colors and textures?
- Is Jesus there? If so, is he comfortable? How has he made himself at home?

(Write down any thoughts and feelings from the meditation on the hand out sheet)

If Jesus lives in our hearts, then the creative spark is there! With Christ living in our hearts we have divine access to abundant creativity. We do not create out of nothing as God does. Our creative dreams and longings do come from a divine source, not from the human ego. Instead we are grafted into him and our creativity comes from him and produces eternal fruit.

***If you are with an intergenerational group or a group that does better drawing/writing, encourage participants to draw their Heart's Room – doodle, write, color, whatever!**

Closing Prayer : (5 min)

**If time allows, read through the poem once as a leader, encouraging people to listen & reflect on the points that jump out at them. Then, invite the group to read through it together as a closing prayer. From THE ARTIST'S WAY, read together (see attached page for the poem).



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THE ARTIST'S WAY by Julia Cameron

O Great Creator,
We gather together in your name
That we may be of greater service to you and to each other
We offer ourselves to you as instruments
We surrender to you our old fears
We open ourselves to your creativity in our lives.
Trusting you will lead us.
We know you created us – that creativity is your nature and our own.
We ask you to unfold in our lives.
According to your plan, not our low self-worth.
Help us to believe that it is not too late
That we are not too small or too flawed
To be healed –
By you and through each other.
Help us to create as an act of worship to you.
Amen.