

creativity session



PEACE IN THE STORM

JESUS CALMS THE STORM (Mark 4:39) *When Jesus woke up, He rebuked the wind and said to the sea, "Peace! Be still". Suddenly the wind stopped and there was a great calm.*

Set aside an hour where you won't be disturbed. Begin by praising the Lord in worship. You could do this by following the words on YouTube and singing Turn your eyes upon Jesus or with your own words of praise.

Before you read the starting points pray and ask the Lord to guide and lead you and to awaken your creativity.

Possible Starting points:

1. Using the colouring in picture 'Peace'. Focus on the word peace in it. Write around the image words that come to mind to do with how you are feeling at this moment. Then after some time of reflecting and asking the Lord if there is anything else to write down, begin to bring these feelings to Him. As you start colouring the word PEACE and the bird outline allow God to minister to you as you give Him your concerns. As you let go and colour in, choose to receive His peace and unconditional love for you.
2. Write out the verse from Isaiah 26:3-4 or a verse that is on your heart at the moment. You could do this on the colouring in sheet if you are using this or onto a blank piece of paper. Respond through expressing in words or painting or making a collage etc. how you are feeling and what God is saying in response to you.
3. A starting point of your own choice, a piece of creative writing for example or a combination of the above.

Once you have chosen your starting point:

Spend about 40 minutes on your creative response. With your bible and whatever creativity materials you have decided to use, pray again and ask the Lord to be with you in this time, you may want to tell Him how you are feeling as you begin. You may want to have some quiet instrumental music on in the background. Hillsong have a lovely piano reflection which is on YouTube.

At the end of your response time, if you have been creating in a group try to have a time of sharing what the Lord has shown you to encourage each other. Then pray in what He has shown thanking Him for who He is and for the time. If you are doing this alone, pray and perhaps share with a friend or your homegroup leader later on about your experience.

If anything has come up through this time that you would like prayer or help with, please e-mail us or speak to your homegroup or church leader.

We hope you have found this a time of refreshment and encouragement.

www.createdcreative.co.uk

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