

## **CREATIVE ACTIVITY OPTIONS:**

There is no “right” way to do this activity. Pray and ask God what you might co-create together. It is not the final product that matters, but the worshipful experience of creating something with God. Allow the Holy Spirit to guide you through this. What is He saying to you? What is He prompting you to create? **Lean in to hear what God may be whispering into your heart.** God has something for you in this process. Are you open to it?

- 1. Inspired Art Journaling/Collage (prompts available)**
- 2. Poetry / “Found” Poetry (prompts available)**
- 3. Creative Writing/Journaling (prompts available)**
- 4. Coloring Pages**
- 5. Sketch, Draw, or Paint**
- 6. Photo Inspired Journaling (prompt available)**

## INSPIRED ART JOURNALING/COLLAGING:

Try your hand at some form of expression. Paint a word, write a verse, draw something you like — create something that speaks to you. This should be a worshipful activity. Connecting you to God in a very special way. You can use it to express your thoughts and feelings and to create with words and images ideas you want to meditate on or scripture passages you want to remember.

Look through the magazines or books and cut out words or images that speak to you. (There is no right or wrong way to do this.) Peruse the art journaling/collaging examples for inspiration. Or use one of these prompts to help you get started. Use this exercise to ground God's truths, to worship and praise, or to remind you of a new awareness.

Some ideas to inspire you:

1. **Collage Your Creativity:** Create a collage with images that represent the creativity in your life. Maybe you're a problem solver, number cruncher, gardener, baker, etc.? Let this page be a reminder of all the different forms creativity takes in your life.
2. **Journal:** Choose an image for your page and then journal around the image a new awareness, truths, or just thoughts God has been saying to you this weekend at the retreat.
3. **Scripture/Song/Quote:** Use a scripture verse or passage that is meaningful to you and make a collage that represents that scripture. Or use a song, song lyric, or quote.
4. **One Word:** Ask God if there is a word He wants you to focus on this weekend. Create a page connected to this "one word." Consider its definition, a verse or verses that might contain it, any word pictures or connections you may be making to this word.
5. **Notice Beauty:** Sometimes we get so busy we stop noticing the beauty around us. Create a page that represents beauty to you – in creation, in your life, etc. Or look for "untraditional" beauty – things that may become captivating when looked at with a new perspective.
6. **Symbolism:** Create a page with images that echo the current stirrings in your heart. Maybe it's surrender or control or trust or faith. What do you need right now? What is God calling you to?
7. **My Mission:** Use images/words that remind you how you co-create with God or creatively represents your WWWC mission statement.
8. **Blessing:** Put a splash of color on your page. Write a blessing, poem, or prayer of thanks and incorporate that into a collage or journaling page. Decorate it with pictures or don't.

## POETRY:

You can choose a topic or theme, if you like, or just write about anything you feel led to say. It can be a broad topic or something more concrete. You can make a visual poem using words, phrases, or imagery you find in a magazine and paste them onto colorful paper. Or shape a poem into a pattern.

1. Write a poem about whatever you want to write about.
2. Create a "found poem"
  - a. **Found poems** are composed from words and phrases taken from another text, leaving the responsibility of selecting words and communicating ideas up to your interpretation.
    - i. **CUT:** Try making a short poem out of words you cut out. Find about 12 words that pique your interest and cut them out. Arrange on a page and glue them down.
    - ii. **CIRCLE:** Try making a short poem out of words on a page of text. Circle the words on the page to create your poem. You can cross out the words you don't want or just highlight the ones that you do.

## CREATIVE WRITING/JOURNALING:

Here are some prompts you can use or just free write:

1. Journal about being created in God's image.
2. Journal about the ways you use your creativity in your life.
3. Write a letter to your past, present, or future self
4. Journal about what God is speaking to you
5. Journal about who God has been to you at the retreat this weekend
6. Journal about a new awareness you received this weekend
7. Journal the names & characteristics of God
8. Journal your favorite bible verse
9. Journal about 10 things you're grateful for
10. Journal about God's faithfulness to you
11. Write a psalm in your own words
12. Journal about your identity in Jesus
13. Journal about your favorite way to spend time with God
14. Journal about your dreams and ask Jesus to help you understand what he wants for your life.

**PHOTO INSPIRED JOURNALING/REFLECTION:**

1. Choose a photo from the stack of options that speaks to you.
2. Take some time and really look at the image. Begin to imagine being part of the creation in the photo you chose. What it is like to be the ocean, or the mountain, or the tree...whatever is in the photo you're holding.
3. Using the words "I am" write a short paragraph or poem from the perspective of the image. If your photo has multiple images, you can speak from more than one if you'd like. Let yourself really explore all the possibilities in the image.

Example: The Ocean

I am the ocean

I am powerful and mighty

I am everchanging

I am the ocean

I am beautiful and strong

I contain and sustain life

I am the ocean

I am deep and mysterious

Full of hidden treasures and secrets...

4. Sit with what you wrote for a minute. Ask God to speak and reveal to you what he is saying about you. Look for parallels between the image and you. Meditate on that truth and write down those characteristics of yourself that He has revealed to you through the image.
5. Look at the image again and ask God to reveal to you what it is about the image that He is challenging you to step into this year. What characteristics or nature of the image is He challenging you to grow into or maybe let go of? What is God saying to you or asking of you? Write down what you heard.