

Create



✓ Prepare in Advance

Facilitator: In advance of the session:

- Provide pens/pencils and paper for the writing option or keep an ongoing journal for participants to return to or take home each week.
- Provide and keep a collection of art supplies for each week including but not limited to: crayons, color pencils, markers, glue, tissue paper, colored paper, paintbrushes, watercolors, finger paints, scissors, and a variety of scrap-booking paper and old magazines.
- Have the *Bible Background Video* ready to view.

✓ Breath of God

Ask someone to read Genesis 25:19-34. Then, show the *Bible Background Video*.

Say: The scripture today is filled with possible topics to discuss and unpack, from sibling rivalry to favoritism shown by parents, from a woman being barren to twins destined to quarrel. Another one of the overarching concepts in this story about Jacob and Esau involves waiting on God, rather than searching for immediate gratification.

Invite each participant to choose either the **Writing**, **Visual**, or **Outside the Box** approach and spend the next 20-25 minutes with that experience.

✓ Create - Writing

Write at least one of these options:

- Create a Venn diagram. (See links on website). Use the Venn diagram to compare and contrast Jacob and Esau. Recognize how easy/difficult it is to come up with their similarities and differences. Then, do an additional Venn diagram. This time compare and contrast yourself with a sibling, parent, spouse or even your arch enemy. See what you discover through the process.
- Draw an outline of yourself on a sheet of paper. Remember it does not have to be detailed (see link on website for sample). Think about Rebekah and Sarah being barren and how they must have felt about not being able to carry a child. The word barren is such a harsh word that means unfruitful, unproductive, incapable, a waste, depleted, and ineffective. We all have had moments in our lives where we felt barren- empty, ineffective, and incapable of producing something meaningful.

Ponder the barren times in your life, filling in the outline freely, with positive and negative feelings, emotions, and events.

✓ Create- Visual

Using the art supplies provided, create one of these visual items:

- Create an image of twins inside their mother's womb. Use the descriptions Jacob and Esau to guide your art. Title the piece when you are finished.
- If you are a parent, create a piece of art that highlights each of your children. Express through your artwork, your love for each of them and how it differs.

✓ Create- Outside the Box

Using the art supplies provided, create outside the box.

Find a quiet place. Go outside or move to a place in the room where you can escape for a few moments. Take with you a piece of paper and something to write with for further in this exercise. Close your eyes. Think about all the plans you have for yourself, whether they are plans for the end of the day, plans for the next year, or plans 10 years from now. If you begin to feel anxious at any point about these "plans" or if you begin to feel "out of control" say quietly to yourself, "Wait on God. I'll be okay, just wait on God." As co-creators with God, ask God to hear your plans. Then tell God you desire to hear God's plans for you as well. Try to see your plans and your life through God's eyes. Draw or sketch what you see.

✓ Share

Call the group together. Ask participants to share their creations and explain their meaning, or tell the stories behind them.

✓ Close

Offer a prayer thanking God for giving us so many ways to express our feelings, concerns, and emotions. Ask God to continue to co-labor with us on our journey.

by Carra Hughes Greer