

Create



✔ Prepare in Advance

- 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, chalk, color pencils, markers, glue, tissue paper, colored construction paper, paint brushes, watercolors, finger paints, scissors, and a variety of scrapbooking paper and old magazines.
- Have the *Bible Background Video* ready to view.

✔ Breath of God

Ask someone to read **Philippians 4:1-9**. Then, show the *Bible Background Video*.

Say: When we step back and look at the letter to Philippi as a whole, we discover that Paul is writing to help the church live more in the way that Christ showed us how to live. In this particular part of the letter, he tells them to rejoice, to use gentleness as a way to protect them from fear and worry, and to pray. If they practice these things, they will experience a peace from God that will guard their hearts.

Distribute copies of this page. 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

Paul was known for his letter writing to churches. He used his letters to encourage and to push them to keep faith in God. Write a letter to a younger sibling, a child, a parent, a best friend, a teenager... use your letter as a note of encouragement. Share your feelings in this letter and be sure to include your gratitude for the relationship you share with the letter's recipient.

✔ Create — Visual

Using the art supplies provided, create:

Create a piece of art titled, "Rejoice!" Be sure your work expresses sheer joy- whether simply with colors and movement or pictures and images. Include part of today's scripture text in your work of art.

✔ Create — Outside the Box

Paul sometimes seems very critical of women in his writings. But in this particular text, Paul is at the very least acknowledging two leaders in the church who are women. While he is frustrated with their quarreling, he indeed supports their leadership and ministry. Write about your experiences with women in ministry and how women in ministry have shaped your faith. Consider sharing your thoughts (if they are kind, of course) with the women in ministry who have been mentors or friends to you.

✔ Share

Call the group together. Ask participants to share their creations and their meaning.

✔ Close

Offer a prayer asking God to help you discover all the little things to "rejoice" in this week.

(After the session, consider finding a way to share the creations of the group- post pictures on Facebook, on a church website, or in a portfolio/frames kept either in a public place in the church or in your group's special gathering place).

By Carra Hughes Greer

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