

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 Psalm 123 out loud. Then, show the *Bible Background Video*.

Say: It is likely that Psalm 123 was used as a pilgrimage hymn. The ancient Israelites would often go on pilgrimage to the temple and as they traveled, they sang songs. Psalm 123 could have been penned by poor Israelites who struggled in hard economic times and were scorned by well-to-do Israelites.

Distribute copies of this page. Invite each participant to choose either the Writing or Visual approach and spend the next 20-25 minutes with that experience.

✓ Create- Writing

Re-write Psalm 123. Use your own words and imagery to convey a message similar to that in Psalm 123.

Psalms are like songs and were used like songs or poetry to help a faith community through tough times or times of transition. Think of a song- either a hymn or more contemporary tune- that really speaks to your soul, a song that helped you through a tough time, or helps center your thoughts back to God. Write the lyrics to that song down on a sheet of paper. Read them as your prayer for today.

✓ Create- Visual

Using the art supplies provided, create:

A piece of art based on Psalm 123, tell the story with symbols, colors, textures, or designs.

A piece of art based on a song that helps you center yourself on God. Songs can help us hear God through the tough times in our lives. Put all that emotion and feeling in a piece of art. Use some lyrics from the song in your art.

✓ Share

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

✓ Close

Offer a prayer thanking God for Psalms, songs, and poetry that helps us center ourselves on God and helps us through difficult times in our lives.

(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