

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, 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 80:1-7, 17-19. Then, show the *Bible Background Video*.

Say: This psalm is referred to as a communal lament in which the entire worshipping community calls upon God for help and rescue. Has there ever been a time when you cried out to God for help or to rescue you from a situation? Ponder back on those difficult times in your life as you create today.

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

Free Association Prayer: Write a version of the “chorus” repeated over and over again in our text today, “Restore us, God! Make your face shine so that we can be made new.” After you have written this on your page somewhere, start repeating these words to yourself over and over again. Each time you say the words, free write other words or images that come to mind of things in your own life, in your relationships, in your workplace, in your marriage or with your family, at school... that need to be restored. When you have finished, ask God to restore and make new the things you have written about. Keep this paper with you this week and use it as you continue to be in prayer.

✔ Create- Visual

Using the art supplies provided, create:

A piece of art depicting humanity suffering and crying out to God for restoration and healing. Use this verse to inspire your artwork, “Restore us, God! Make your face shine so that we can be made new.”

✔ Share

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

✔ Close

Offer a prayer simply asking God to “Restore us. Make your face shine so that we can be made new.”

(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