

# Create



## ✔ Prepare in Advance

Facilitator: In advance of the session:

- Cut large pieces of poster board or heavy paper into smaller shapes or “puzzle” pieces with each piece being about 3”x5”. Have a piece for each participant. Cut the shapes so they can be put back together like a puzzle during the “Share” portion of the lesson.
- 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 Mark 1:21-28 out loud. Then, show the *Bible Background Video*.

Say: In Mark 1:21-28, Jesus teaches to a crowd at the synagogue and heals a man in the crowd. He taught the people in a way that brought wholeness to the sick and amazement to the hearers. In the same way that Jesus healed the sick man to make him whole, Jesus continues to invite us toward wholeness even today. Jesus’ teachings were powerful to the listeners in the Gospel. They continue to be powerful as we seek a life of truth and wholeness and seek to spread these truths to others.

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

## ✔ Create- Writing

Give each participants a “puzzle” piece. Invite participants to reflect and answer the following questions:

- What made Jesus’ teaching so important for the audience?
- What makes these teachings important today?
- What does *wholeness* mean to you?
- What would it look like if you were living a life of *wholeness*?

- How can you be a part of spreading Jesus’ teachings to the world today?
- Participants may include the answers on the provided piece of paper or in their own personal journals.

## ✔ Create- Visual

Give each participant a “puzzle” piece. Using the available art supplies, ask participants to create a visual of *wholeness* as it applies to Jesus’ teachings.

Share

Call the group together. Invite participants to share their writings and creations with the large group. Put together the pieces to form a large puzzle connecting each participant’s idea of wholeness. Display the creation in a central place for all participants to see.

Ask: How can our group become like the picture of wholeness that we have created? How can we begin to spread Jesus’ teachings to the world like wildfire?

Close with prayer.

(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 Noelle Owens

