

# 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 a volunteer to read Luke 17:11-19. Then, show the *Bible Background Video*.

**Say:** In the Bible, we read a number of stories about faith and healing. The theme of Jesus providing spiritual and physical wholeness shows us that God's desire for humanity is to be continually moving towards healing from a holistic perspective – body, mind, and soul. As we read in Luke 17, Jesus encouraged his followers to embrace this wholeness. As Christians today, we can learn how to become people who are healthy and whole.

**Ask:** What does it mean to be healthy?

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

## ✓ Create- Writing

Ask writers to reflect on each aspect of their lives – body, mind, and soul. Then, ask them to describe each of these three areas in their own lives. Then, ask them to reflect on steps they could take to become more healthy in each area.

## ✓ Create – Visual

Ask artists to reflect on the aspects of body, mind, and soul in their own lives. Then, ask them to create a visual representation of the current state of each of these areas. Then, ask them to create a visual of what their lives would look like if they were healthy and whole.

## ✓ Share

Call the group together. Allow participants to share their creations with the large group.

**Ask:** How healthy is our group? What can we do to become more healthy as individuals and as a group?

Close with prayer.

(After the session, consider sharing the books with the children's leaders in the church or find 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 Owen

## Church Websites

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