

Here's what to do...

1. Find a comfortable spot so that your paper is in front of you. You can work flat on a table, on your lap, on an easel—it's up to you.
2. Take your first pencil or pen and place it somewhere so that it's touching the paper—this could be the very centre or one of the edges or anywhere—whatever takes your fancy.
3. Shut your eyes.
4. Now just let your hand move across the paper drawing a line as you go. You're not trying to actually draw anything at all so relax. Enjoy the feel of the point as it runs across the paper. Don't lift the point off the paper, but start to make changes of direction with it. Do loops and swirls and all sorts of shapes. Do wavy lines or series of circles or squares. This is playing with a line and seeing what it might get up to.
5. When you feel the time is right, stop and open your eyes. Look at what has emerged. Rotate the paper to look at it from every angle. Put it on the ground and stand to look down on it.
6. Dwell upon what you see. Are there patterns that evoke thoughts or feelings? Are there little bits that draw your attention—why? Is it chaos? Is there any order? How does it make you feel?
7. Let this become more and more prayerful. As you look, let God speak. What might God be saying?
8. If you like take a different colour and do it all over again on top of your first line. Or start again on fresh paper and create a series.

You will need

- ◆ As large a piece of blank paper as you can find
- ◆ A wooden board and metal clips to put your paper on
- ◆ A selection of pencils and/or pens

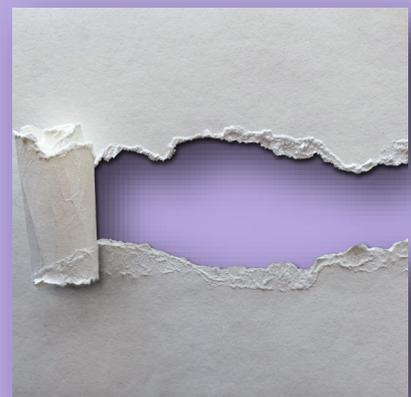


Here's what to do...

1. Find a comfortable spot so that your paper is in front of you—flat on a table with your glue and other materials within easy reach
2. This activity works best as a response to something. It might be something that has already emerged from other parts of today or earlier: an encounter; a conversation; some teaching; prayers; a text in the Bible, a poem; something else you've read; etc.
3. If you want some bits of the Bible to dwell upon you could try: Deuteronomy 30:15-20 (Choose life); Proverbs 3 (Trust in the Lord); Psalm 40 (I waited patiently); 1 Kings 19:9-13 (The still, small, voice); Matthew 16:13-16 (Who do you say that I am?); Luke 14:25-35 (Cost of being a disciple); 1 Peter 2:4-12 (Living stones)
4. Taking your time, begin to tear, twist, fold crinkle and play with more and more bits of paper, laying them on top of your main sheet. Don't glue anything at first because you're seeing how things might fit together. Let things overlap. Try different combinations. You aren't trying to illustrate anything particularly, but rather letting the collage evolve as a response.
5. When it feels right, start sticking it all together.
6. As you finish let yourself dwell upon what you've created and how it responds to what you began with. Is there something here to talk with God about?

You will need

- ◆ A large a piece of thick blank paper—something that won't buckle as you use glue
- ◆ A wooden board and metal clips to put your paper on
- ◆ Some glue
- ◆ A good selection of scraps and sheets of other paper—go for a variety of colours and thicknesses, and don't forget that newspaper and magazines can be great for this
- ◆ **ABSOLUTELY NOTHING TO CUT WITH—YOU'LL JUST BE TEARING!**



Here's what to do...

1. Find a comfortable spot so that your paper is in front of you—flat on a table with your paints within easy reach.
2. This isn't about churning out a Rembrandt so don't panic!
3. The idea is to relax and see what happens as you play with some colours and they interact.
4. Start by being still and simply pondering on this question: How do you feel right now? Looking at your range of colours, which one best fits how you answer that question?
5. Start with that colour and paint some of it somewhere on your sheet.
6. Choose another colour and add it to your sheet. Do you want to keep it in a separate block? Do you want to layer it on top of your first? Do you want to let them randomly run into each other? If you like, tip your paper up so that colours flow across your paper to mingle together.
7. Keep adding colours until you feel you've finished.
8. Step back and ponder what's emerged.
9. How might it be a response to that opening question we began with?
10. Offer that into prayer—what's God saying to you as you reflect upon your feelings and the way colours have been working together?

You will need

- ◆ A large piece of thick blank paper—something that won't buckle as you use paint
- ◆ A wooden board and metal clips to put your paper on
- ◆ Some paints
- ◆ Water in a pot to clean brushes with
- ◆ A mixing pallet to play with different combinations of paint
- ◆ Some paint brushes



Here's what to do...

1. Find a comfortable spot so that your paper is in front of you—flat on a table with your materials within easy reach.
2. This activity is a response to words or emotions or experiences. To begin, find a text you want to dwell upon with God. It might be a piece of poetry, or a hymn, or something from the Bible. Or it might be a word that is turning over in your mind right now. In case you need inspiration, here are some words to play with: love; joy; hate; beginning; end; folly; grace; goodness; empty; believing; doubt; hatred; become; resurrection; incarnate; creator; saviour; baffled; awesome; wonder; lost; found; doubting; friendship; disciple; walking; pilgrim; folly.
3. Let a word settle as a starting point. Put that word in the middle of your sheet. Write it out, or colour it in, or cut out the letters. Don't stick anything down until you are happy with the placement.
4. Stop and dwell upon your word. Then, slowly, let other words come along and add them. You might do this simply by writing them in. But you can use collage. Play with the angles and sizes and directions. How about upside down words?
5. You'll end up with some sort of cloud of words.
6. Step away and take a good look. What are the resonances and the contradictions? Are there clear lines and thoughts or is it all random?
7. Turn this into prayer. What might God be saying?

You will need

- ◆ A large a piece of thick blank paper—something that won't buckle as you use glue and draw
- ◆ A wooden board and metal clips to put your paper on
- ◆ Plenty of art materials including: sheets of paper to cut letters out from, magazine/newspapers for words, pens, pencils, etc.
- ◆ Some glue
- ◆ Scissors

