

# HEALING THROUGH THE ARTS

A 9-week journey toward health and wholeness  
by creative expression

# OBJECTIVES

- Learn about our changeable distance and closeness with God
- Recognize how God reveals Himself to us
- Place more trust and reliance upon God
- Use resources for visual and sensory inspiration
- Record the chronology of faith in our lives
- Share our inspiration and gifts with others

# MATERIALS

- Supplies needed for course:

- Notebook

- Sketchpad

- Pencil (or set of colored pencils / pens)

- Personal photos &/or magazine clippings

- Options

- Paints, fabrics, clay, musical instruments, or other creative mediums by preference

# LOGISTICS

- Weekly 2 hour course for 9 weeks
- Outside assignments are brought to the next class each week to benefit fully
- Creativity is:
  - Having the quality or power of creating
  - Resulting from originality of thought, expression, etc.
  - Originative; productive

# TOPICS

- Introduction
- Knowing God
- Expressions of Faith
- Reliance on God
- Biblical Scenes
- Using God's Gifts
- Life on a Timeline
- Sharing our Joy
- Planning for a Creative Event
- God's Kids – Who We Are

# COURSE INTRO & WARM UP

- Discuss creative expression and complete an exercise to eliminate fear
- Explore creative approaches not readily apparent
- Share a memory of a significant masterpiece that is a source of inspiration

# Week 1 Assignment

• Find and bring to the next class examples in creative forms that enhance your sense of:

-Peacefulness

-Closeness to God

-Hope

-Love

# KNOWING GOD

- Read passages of descriptive beauty
- Share inspirational examples of creativity that add to your spiritual experience
- Design or describe a scene showing how you arrived at where you are in your life today (focus on faith)



# Week 2 Assignment

- Find a Psalm that represents each of these scenarios:
  - Your life today
  - Your relationship with God
  - Your current experience in a faith community
- Be willing to share these in class

# EXPRESSIONS OF FAITH

- Share the Psalms that describe our faith journey
- Discuss origins of our personal faith and life commitments

# Week 3 Assignment

- Draw, cut out, shape, or demonstrate those symbols that remind you of your personal religious experience
- Create a collage, a poem, a portrayal or musical piece to share with the class

# RELIANCE ON GOD

- Share the project you've created with the group
- Explain meanings and feelings behind the symbols we used
- Find a Biblical or historical inspirational story of hope and courage by faith that significantly altered an outcome
- Share favorite prayers or practices that have helped us in difficult times

# Week 4 Assignment

- Prepare a personal action plan that will demonstrate hope and courage
- Design or prepare an example of where you would like to be in your spiritual relationship with God and with those most important to you

# DESCRIPTIVE SCENES

- Share your project that portrays hope and courage
- Share how you would like to be in your spiritual life, with God and with others

# Week 5 Assignment

- Locate very descriptive scenes in the Bible or another faith text—colorful, imaginative, and challenging
  - Try to draw or create a presentation about the picture you envision
  - Write down a memorable dream you have had to share with the group (a daydream is OK too)

# USING GOD'S GIFTS

- Share our dream experience with the group
- Discuss Biblical and faith-based dreams and visions
- Question: How might you have responded if a given dream had come to you?



# Week 6 Assignment

- As a child, what activity brought great joy?
  - As you grew older, did you continue this interest?
  - Something similar?
  - Did it continue to bring you joy or become a spiritual gift?
- Design a project about an activity that gives you joy
- Creatively depict a spiritual gift you possess and share with others

# LIFE ON A TIMELINE

- Discuss spiritual gifts and share drawings and projects of our experiences with these gifts
- Is there a way to create a new ministry in this area?
- Is there an unmet need that can be met by sharing our abilities with others?

# Week 7 Assignment

- Develop an action plan to use a spiritual gift you possess more effectively
- Design a chronologically-based timeline, in music, words, or pictures of important events and features of your life: doing things, sayings, memorabilia, and/or values

# SHARING OUR JOY

- Share your life's timeline
- Describe your action plan
  - Explain if you will need assistance to carry it out and who can help you
- Share hymns or verses that describe your relationship with God through your life. Share hymns or verses describing your thanksgiving and joy to God

# Week 8 Assignment

- As a joint effort or project with another person in the class, with our focus on the beauty of everything in God's creation:
  - Take a nature hike, collect items, draw or photograph subjects to be arranged as a display to share next week

# PLANNING FOR A CREATIVE EVENT

- Share the teams' nature projects
- Plan arrangements for a creative event with the congregation and community for next week
- Select projects that you would like to display: invite others who might be interested in faith-based creative expression to participate and attend

# GOD'S KIDS – WHO WE ARE

•To be announced –

–Advertise in local newspapers, combine with a potluck or health fair, be creative!

–Recognize participants, exhibitors, and those who helped make the event possible

**CELEBRATE AND GIVE THANKS!**