

SUGGESTED SESSION STRUCTURE – 90MINS

Prior to a session beginning, as facilitator you should ensure that everyone in attendance has access to the supplied art materials, paintbrushes and water pots filled, refreshments easily accessible etc. You may also wish to light a candle and say a prayer of thanks over the space where you will be holding the session.

1. WELCOME & BIBLE READING – 5 MINUTES

- Begin with a brief greeting, short overview of what the group is, any ground rules you want to make clear and then an opening prayer
- Group facilitator or a volunteer from the group will pick a Bible verse from a bag or a bowl at random and read it aloud.
- Everyone to write the verse down at the top of their worksheets. Facilitator may need to read the verse slowly for a few repeats until everyone has written it.

2. QUIET GUIDED REFLECTION EXERCISE – 10 MINUTES

Participants spend 10 minutes either in silence or with quiet background music, reflecting on the verse using the prompts provided on their worksheets. Participants can jot down any thoughts that come to mind. It's worth encouraging those present that there are no right/wrong responses during this exercise.

3. GROUP SHARING – 13 MINUTES

- A short, gentle discussion on the responses to the verse.
- Participants should be encouraged to share their response to the verse, but if they would prefer to simply listen to others, that is absolutely fine.
- The facilitator made need to lead the conversation to begin with, working through each of the boxes, until others feel more comfortable to share their thoughts.
- Remember to pause and allow some moments of silence and space for people to consider their thoughts.

4. SELECTING THEMES – 2 MINUTES

Participants review their notes and choose one or more elements to explore in their artwork. This could be:

- A single colour
- A word or phrase from the verse
- A strong emotion
- A symbolic image (e.g., water, light, a path, a mountain)
- A combination of several elements

They may want to make quick thumbnail sketches or jot down layout ideas on the reverse of their worksheet.

5. CREATIVE RESPONSE TIME – 55 MIN

- Participants “get stuck in” using the provided art materials. At this stage, make it clear that conversation is encouraged (the creative response section does not need to be done in silence or quiet).
- Encouragement should be given to participants to follow whatever feels meaningful to them: abstract marks, symbolic drawings, colour fields, layered textures, etc.
- A gentle reminder should be given here that there is no right or wrong way to respond and that this isn't an art “class” so there is no judging or critique of what is produced.
- You may wish to encourage participants to write the Bible verse on the reverse of their canvas.

6. CLOSING & SHARE BACK – 5 MINUTES

- A relaxed, optional moment for participants to show their work to the group and talk through what they've created, briefly sharing any insights or thoughts that have occurred to them throughout the creative process.
- Close with a word of thanks and an invitation to your next session.
- Participants may take their artwork away with them to reflect on further.