



Creative Journaling . . .

. . . is not about punctuation / spelling (you can sort that out later, if you want to).

It is for your eyes only unless you choose to share. Keep it in a safe place.

The exercises are time limited to get you writing quickly, whatever comes into your head -don't over think when writing.

Time - approx 25mins - sharing and discussion will extend the time it takes if done in a group, but it can just as easily be done alone.

Exploring from different perspectives using Postcards

EQUIPMENT -

Bible passage

3 blank A5 cards or the back of greetings cards

2 different coloured pens,

time piece to time writing (write down time start each section and time to finish)

ACTIVITY

Address 2 cards to yourself - Dear / Hi.... Date all 3

1. Read the passage, focusing on perspective of one person in story (e.g. Pharisee)
Write the first card to yourself from this person - observations, reactions, questions for 4 mins then sign the card from that person e.g. from a Pharisee.
Read the card and underline or circle (with a different colour) anything that jumps out at you.
2. Read the passage again: focus on someone else's perspective (e.g. disciple)
Write the 2nd card to yourself from them- observations, reactions, questions - 4 mins . Sign.
Read the card and underline or circle (with a different colour) anything that jumps out at you.
3. Write a postcard to Jesus telling him what you have discovered, asking him any questions you have. - 4 mins
Take a different coloured pen and while reading through, write down any things you feel God is saying to you.