

Creative Church Handbook Resource

Most Joyous Moment Exercise

For Creative Communities

Often, I'll take some time before our church's monthly creative arts group gathering and ask God for a theme or creative exercise we can do; something that will unlock our creativity and bring us closer together. Once God gave me the idea to have each person think about and write down three of the most joyful moments in their life. Some couldn't stop at three and some had trouble coming up with two. When they were done with that I asked them to pick one of those moments and then take a few minutes and think about how they would express that moment creatively if there were no limitations; how they would share it with the world in any creative way regardless of cost or logistics. Then we went around the room and every person described the creative vision of bringing their joyful moment to life. It was incredibly fun to hear the unfettered creativity. One man designed a grand sculpture that described how he felt on his wedding day. Another man actually spontaneously wrote a play (in a matter of minutes!) about the moment when he told his future wife his darkest secret and she still accepted him. Another imagined a symphony that described how she felt when she found out she was finally pregnant. They were all brilliant and beautiful in their own way. This exercise drew us closer together as we understood a little more about each other. It allowed us to rejoice together and energized our prayer time as we gave our creative hopes and dreams to God. God wants to deposit unique ideas like this exercise into us more often than we realize and He will do that for you if you take time to ask and listen to what He has to say.

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