



Art as Worship

A Creative Journey

Session Structure – 90 Minutes

1. Welcome & Bible Reading – 5 minutes

- We begin with a brief greeting
- Group facilitator or volunteer from the group will read a selected Bible verse aloud.
- Group will be provided with printouts of the verse so that they can follow along or make notes.

2. Guided Reflection Exercise – 10 minutes

Participants spend time reflecting on the verse using the following prompts:

1. Tone / Emotion of the Verse

Examples: *adoration, awe, peace, joy, longing, melancholy, sadness, hope, gratitude, trust, anguish, comfort, wonder.*
What emotion does the verse evoke for you personally?

2. Words or Phrases That Stand Out

Which parts of the verse “light up” for you or feel most meaningful?

3. Symbols or Imagery

Do any images, metaphors, shapes, or visual ideas come to mind? Describe them.

4. Colours & Qualities

If this verse had colours, what would they be? Consider describing them: *dark, light, pastel, vibrant, subdued, rich, fluorescent, muted, saturated, earthy, cool, warm, etc.*

Group participants record their responses on their sheets.

3. Group Sharing – 5 minutes

- A short, gentle discussion on the responses to the verse.
- Participants may share reflections, images, words, or emotions if they feel comfortable.

4. Selecting Themes – 5 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 make quick thumbnail sketches or jot down layout ideas.

5. Creative Response Time – 1 hour

Participants “get stuck in” using the provided art materials.

- Encouragement to follow whatever feels meaningful: *abstract marks, symbolic drawings, colour fields, layered textures, etc.*
- Reminder there is no right or wrong way to respond.

6. Closing & Share Back – 5 minutes

- A relaxed, optional moment for participants to walk around, view each other’s work, or briefly share insights.
- Close with a word of thanks and an invitation to the next session.

All materials will be provided, but please feel free to bring your own if you’d like to!
Please try to arrive 5 mins before the start time so that there is time for you to get a cup of tea or coffee before we begin.