



## **SoulCare: Moment to Pause and Process** *Creative Spirit*

Opening Statement:

Welcome to SoulCare, a moment to pause and process, sponsored by the National Benevolent Association. We invite you to join us for a few minutes to practice the art of pausing and being present in the moment. We hope these practices can also be taken home with you and used in your context, meetings, and worship life.

Presenter A:

[Takes a deep breath and says],  
"JUST BREATHE."

Again, put your feet flat on the floor and straighten your back if you are able. Remember, when you breathe, you are doing so with the intent to slow your heart rate down so your mind can catch up with the moment.

[Pauses 15 seconds]

We paused to reconnect ourselves to the breath of Life.  
We moved to acknowledge our power and our impact.  
Now we create to experience the freedom of the Spirit.

Presenter C: In this moment, we invite you to be free. Let's welcome our inner child. We will set our kid-self free as we explore God's creative activity.

Today, we are going to draw. Yes, you heard me well. We are going to draw. Don't worry if you are not an artist; your inner child still is! It is the process, not the product, that is important.

This is a moment for you, for us, to move with the Spirit and be moved by the Spirit. So, let the Spirit guide us all. Let's take the piece of paper that was given to you, and let's fold it in half.



Then, let's fold it once again in half. You will have at the end a piece of paper divided into four exact spaces.

Take the colored pencils; have your inner child greet the colored pencils. Feel the colored pencils. Feel the paper.

Now, as we read Psalms 23, we invite you to draw the first thing that comes to you. After each reading we will ask you a prompt for inspiration to draw more or add to your drawing. We want you to fully experience these verses, and express how the text impacts you through art. So, embrace the creative process and see the Spirit move through your creativity.

Let's begin our journey on the first square...

Presenter A: The Lord is my shepherd. I lack nothing. God lets me rest in grassy meadows; God leads me to restful waters; God keeps me alive. (vv. 1-2)

[Pause for drawing]

Presenter C: Go ahead, experience these verses, let the spirit guide your hand. Do not analyze, just draw. Use shapes and lines...there is no right or wrong.

[Pause for drawing]

Presenter C: Let's move to the second square...

Presenter B: "The Lord guides me in proper paths for the sake of God's good name. (v. 3)

[Pause for drawing]

Presenter B: Allow God to guide your hands.



[Pause for drawing]

Presenter C: Let's move to the third square...

Presenter A: Even when I walk through the darkest valley, I fear no danger because you are with me. Your rod and your staff— they protect me. (v. 4)

[Pause for drawing]

Presenter A: Experience God's protection...

[Pause for drawing]

Presenter C: Our creative prayer now takes us to the fourth square...

Presenter B: You set a table for me right in front of my enemies. You bathe my head in oil; my cup is so full it spills over! Yes, goodness and faithful love will pursue me all the days of my life, and I will live in the Lord's house as long as I live. (vv. 5-6)

[Pause for drawing]

Presenter C: Amen! We have concluded our visual prayer. The Spirit has taken us through the process. Our inner child has been fed. I will invite you to revisit your expressive creation and to discover what connections, what new ideas, and new meanings will emerge.

### *Closing Statement*

*Thank you for joining us for SoulCare moments brought to you by the National Benevolent Association. Visit the NBA website at [nbacares.org](http://nbacares.org) for more resources and ideas for SoulCare, to continue these moments of pause and process.*