



## Week 5. Creativity

- Do you consider yourself to be creative?

- Read 1 Corinthians 1:18-25

**‘True spiritual wisdom looks beyond itself to its source in God’**

[p.2072 : NRSV Spiritual Formation Bible]

- In the light of the verses above, do you consider creativity something to embrace or something of little worth?
- What does the world value as wisdom?
- Why do you think creativity is important? Have you lost touch with this aspect of our humanity?
- Helen Warwick writes :  
**‘As I connected with my creative side, I not only found answers to deep needs inside, but felt more whole, balanced and healed.’**
- Has this been your experience? If so, how has it helped in your spiritual development?
- What sort of things might creativity involve?  
**Make a list of activities that draw on creativity. Perhaps you are more creative than you first thought!**
- How might we creatively use our bodies to enhance our spiritual growth? Think about how you might use your senses.
- Close with prayer for the grace and humility to engage with creativity in new ways that inspire and support spiritual growth.

## Paths to Spiritual Growth

**‘The heart of human identity is the capacity and desire for birthing. To be is to become creative and bring forth the beautiful.’**

[John O’Donohue in Painter: p.1]

**‘A creative individual intuitively sees possibilities for transforming ordinary data..’**

[Helen Warwick p.18]

### **A creative exercise**

**Begin with a time of quiet relaxation and adopt an attitude of openness to God.**

**Imagine yourself in a field. What is the field like? Try & have a good look round in your imagination.**

**In the field there is some hidden treasure. It is personal to you & beneficial. Note your thoughts about this treasure, how are you going to find it?**

**Is there any equipment you will need?**

**Explore the field and search for that treasure, noting anything you may be feeling.**

**Imagine sharing this time with another person - what might you say to them? Imagine their response.**

**Before you leave the scene, you might want to think about what to do with the treasure you have discovered.**

**You might like to write, draw or reflect on the exercise and what God has revealed to you.**

[p.28 adaptation Warwick]

### **Creative Activities might include :**

**Choosing what to wear, Doodling, Day Dreaming, Listening to Music, Writing / Reading Poetry, Cooking, Gardening, Dancing, Singing, Painting, Drawing, Knitting, Craft Activities, Connecting with Nature, Photography etc....**

### **Resources:**

Finding Your inner Treasure; A Spiritual Journey of Creative Exploration : Helen Warwick : Kevin Mathew : 2010

Cultivating Your Creative Life : Alena Hennessy : Quarry : 2012

The Artist’s Rule; Nurturing Your Creative Soul with Monastic Wisdom : Christine Valters Painter : Sorin Books : 2011

