

# *Creatively Process*

## MODELING CLAY

When you can involve different senses into your one on one – like the sense of smell with espresso painting – it can take your processing even deeper. This week you get to enjoy a tactile activity.



The first time my husband and I did this modeling clay activity with our staff team, one of the guys on staff balked. "There is no way I'm going to do that." We had given each staff member a package of modeling clay and asked them to create something that reflected where they were currently. But eventually he did create something – and this proved to be one of the most impactful sharing times we ever facilitated.

There's something about hands on processing, going beyond just words on a page, that can enable you to get more in touch with your heart and hear from the Lord more acutely. It definitely involves more of your brain. That's no small thing considering we are called to love the Lord our God with all our mind.

And because the clay can be molded and re-molded, sometimes I find myself starting out creating one thing but by the time I'm done I've ended up with something different.

When a friend and I were camped out in Genesis 2, considering how the Lord fashioned man from the dust of the earth and woman from man, here was her rendition of Eve! But you can

also fashion all sorts of objects to serve as metaphors for whatever the Lord laid on your heart. I hope you have fun with this!



Writing the novel, if I tried too hard to create I often ended up stuck. But it's amazing how creatively flowed when I was playing.

I buy my modeling clay at the dollar store. I purchase one package for each of us.

The instructions are really simple.

#### MATERIALS NEEDED:

Two packs of modeling clay

#### INSTRUCTIONS

1. Think of a key highlight from the time you've shared together.
2. Create something out of the clay that is related to that.
3. Share your creations with each other.
4. Pray – thanking the Lord for the time together and for the way He's so wonderfully hand-fashioned each of you
5. Place your creation where it can remind you throughout the week of the treasure you received.