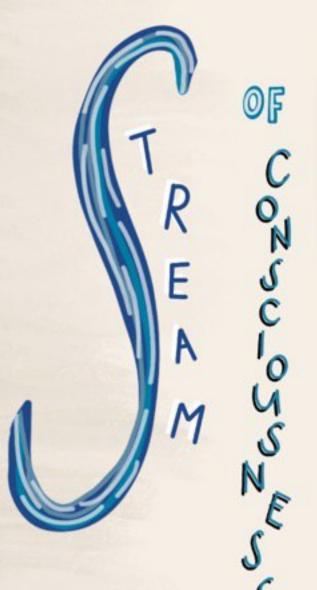


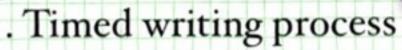
2020

use SPRINTS
together wany other
any other
method
such AS



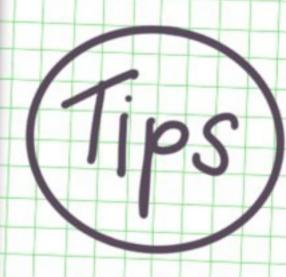
Unboundaried flow of writing that begins anywhere and goes where it pleases

. keep the free flowing associations going to allow the subconscious and unconscious mind to take over



. Dedicated time to the Lord





find a conducive space
allocate a realistic duration
use a timer so you don't
have to check the time

try not to let your
pen lift the page
Try this exercise in small
groups and share!

### Remember to:

- Set a timer
- Don't let your pen leave the paper
- Even if nothing related to the question(s) come to mind, just continue writing

## QUESTIONS FOR SPRINT (4 MINUTES EACH)

- 1. What is your current go-to praise and worship song and why?
- 2. What are some difficulties you faced this week?

### REFLECTION QUESTIONS

Read through what you've written.
Write a sentence to review what
you've written.

What struck out to you as you read what you've written?

Share this in your small group.



# QUESTIONS FOR STREAM OF CONSCIOUSNESS THAT YOU MAY CONSIDER

### (5 MINUTES EACH)

- i. I want to overcome...
- 2. How have you encountered God today?
- 3. What is one truth that you're holding on to in this season and why?

#### NOTE:

- These questions are nonexhaustive and there are no specific topics to follow for this method.
- You are highly encouraged to be free in your writing.

# REFLECTION QUESTIONS

Read through what you've written. Write a sentence to review what you've written.

Share this in your small group.

