

method #3

SPRINTS



use SPRINTS together w any other method SUCH AS →

- . Timed writing process
- . Dedicated time to the Lord



Tips

- 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!

STREAM OF CONSCIOUSNESS

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



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)

1. 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 non-exhaustive and there are no specific topics to follow for this method.
- You are highly encouraged to be free in your writing.

REFLECTION QUESTIONS

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Write a sentence to review what
you've written.

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