

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!

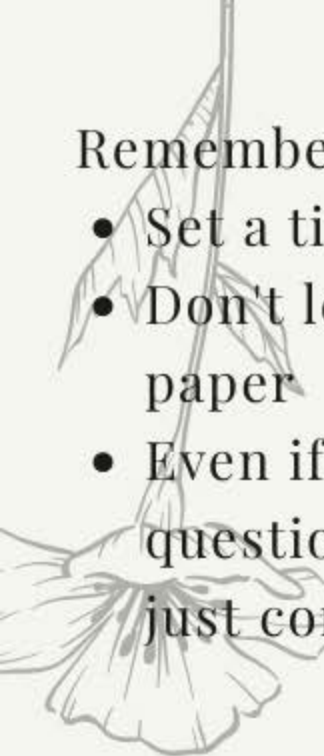


OF
CONSCIOUSNESS

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 (6 MINUTES EACH)

1. One joy I encountered this week is...
2. This week, God is inviting me to...

REFLECTION QUESTIONS

Read through what you've written.
Is there something that struck you?

Was it difficult for you? Why and why not?

Share this in your small group.

