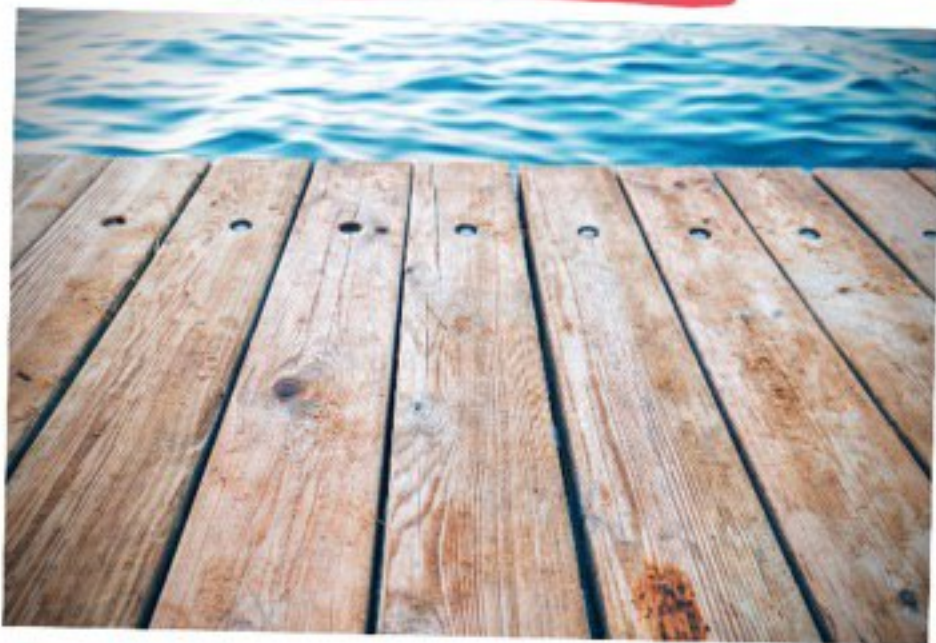


method
#5



Captured Moment

Form of descriptive writing that captures the sensations of a meaningful or emotional encounter - both joyous and challenging

- . best written from the senses (sight, and, smell, taste, touch), as well as intuition and emotion
- . use action words, descriptive words, images and metaphors
- . Be Creative!

e x a m p l e

Describe a snapshot of a time when you felt close to God or experienced God's grace

You may include:

- . WHAT you were doing
- . WHERE you were
- . WHAT were some words you heard or said
- . WHO you were with
- . HOW you felt

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

QUESTION (7 MINUTES)

Describe a time where you experienced God's love.

Some points to consider:

Where were you? What are you feeling? What are your surroundings like? What were you doing? What did you hear/see? Who were you with?

REFLECTION QUESTIONS

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

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

Share this in your small group.

