

Wisdom Card Exercise:

1. Gather three index cards, glue, scissors, markers, magazine photos or quotes.
2. Sit down, be comfortable.
3. Take three deep breaths. Enter into silence.
4. In what areas of your life are you seeking discernment? Ask three questions of God. Write one on each card. Take your time.
5. Turn cards over and shuffle. Do not look at them again until the end of this exercise. Let them go, release the questions.
6. Now – the fun! Create collages for each card, using color, images, words that resonate with you. Let yourself be drawn to whatever makes you smile, helps you be curious, or is personally satisfying.
7. When all collages are finished, consider them for a moment by looking carefully at what you have created.
8. Now, turn each card over and discover the wisdom! How might God be offering clarification to your question? Spend time with each of them in silence.
9. Share your discoveries with the group.

Adapted from: **The Artists' Rule**, p. 32 Christine Valters Paintner.

Experienced at PREP 2016, Mennonite Women USA with Marlene Bogard

“What art offers is a certain breathing room for the spirit.” John Updike.