

The Rhythm of Create Personal Study

*Adapted from the Rhythms of Renewal Study Guide

[Watch this video from Rebekah Lyons on Create](#)

Challenge - Write down three passions/dreams that came to mind while reading the rhythms of Create chapters (found in Chapters 22-28) Ask at least one trusted friend to pray for you, hold you accountable, and cheer you on as you work to recover these passions or take steps towards these dreams.

My Three are:

In the beginning, we see God create. When we have developed the rhythms of rest, restore and connect, we are ready to develop the rhythms of create. God unleashes this as an output that helps build his kingdom, grow his church and make us more like him.

Read Genesis 2

➤ ***What do you learn about how God creates in this passage?***

Most of us look at ourselves and don't recognize the great potential for creativity that God has birthed in us. We think "creative" people are artists who paint, sculpt, dance, sing or make their living at their art. We see creativity as a limited commodity reserved for a small group of people. This is not the way God intended for us to view creativity. He is the most creative being in the universe and he made each of us as a work of art. He calls us to use our creativity for His glory. This can be expressed in how we raise our children, how we interact with our friends, how we do our work, how we cook a meal, how we deal with challenges, how we walk with Jesus and a million other ways. Creativity is expressed as we follow Jesus using our unique God-given temperament, passions, dreams, skills, talents and personality.

The biggest roadblocks to creativity are a lack of REST (we feel exhausted) & lack of RESTORATION (we feel empty)...when we practice those rhythms we see our creativity bubble up in surprising and fun ways.

➤ ***Why do we need the input rhythms of rest and restore before we can begin to create?***

➤ ***What holds you back from creativity?***

➤ ***Think back to the last time you created something. How did you feel in the process of creating it and how did you feel when it was finished?***

We are all created with purpose. The thing that's often hard is determining what that purpose is. Often we make "finding our purpose" harder than it has to be.

Read Ephesians 2:10 - *For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

Read Galatians 5:13-14 - *You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."*

Read Matthew 28:19-20 - *"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."*

➤ **What do you learn about your purpose as a child of God by reading these scriptures?**

*"Little steps of faith that seem like a meandering path can be
God's avenue to invite us into creativity"*

Prayer for the Week:

God, I thank you for being a creative God, one that made and shaped me. I praise you for the creativity that you have placed in me. I ask that you show me what passions and gifts that I can use to your Glory. Draw me to fresh new places of creativity that will bring honor to you and serve the world around me. Amen

Dream Again - The Road to Meaning

What does it look like to dream? Do you even know where to start? People have come to adore the technologies that undo their capacities to dream. Distractions keep us from dreaming. Take some time this week to eliminate distractions and try to dream again.

➤ **Sit quietly with a pen and paper in hand & ask yourself these questions:**

- **Who am I meant to be?**
- **What am I meant to do?**
- **What is holding me back from being or doing that?**
- **What do I want my life to look like in one year, five years, ten years?**
- **What do I want my relationships to look like in one year, five years, ten years?**

- ***What is one unique way God has created you, something others may not know? If you can't come up with something ask your spouse or a close friend what gifts/talents they see in you.***
- ***Viktor Frankl in his book "Man's Search for Meaning" says "The meaning of life is to help others find the meaning of theirs." What does this thought stir up in you?***

"God is not going to call you to something that doesn't require all of Him."

Recover Your Passion - Pulling Weeds

Sometimes we have to clear the weeds that are choking out our passion. These weeds can be activities that don't bring life, distractions like TV, social media or news, or just filling our time with busyness. These things often creep in without us even realizing it and suffocate our passions.

- ***What's choking your passion, your work, the place where your creative energy was meant to go? What steps can you take to pull these weeds at the root so they don't grow back?***
- ***Think back to the last time you created something. How did you feel in the process of creating it and how did you feel when it was finished?***
- ***Is there a serving opportunity, type of art, or potential future career that you are passionate about? Spend some time this week exploring it and journal your findings.***

"God has given you everything you need to fulfill his creative vision for your life."

Work with Your Hands - A Pattern and a Plan

Working with our hands offers us a sense of accomplishment and grows our confidence. According to Psychology Today, "Research has shown that hand activity from knitting to woodworking to growing vegetables or chopping them are useful for decreasing stress, relieving anxiety, and modifying depression...Functioning hands also foster a flow in the mind that leads to spontaneous joyful, creative thought. Peak moments occur as one putters, ponders and daydreams." Using our hands, employing our God-given creativity to make something new, is good medicine for the soul. It helps us to focus on something other than ourselves to create something that brings beauty & builds our confidence as creators.

- ***What's one thing you've always wanted to create with your hands? What steps can you take this week to start using your hands to create?***

"We experience life when we work with our hands and seek to foster creativity."

Learn Something New - Take a Class

Our brains benefit when we put ourselves in new environments. When we give ourselves new experiences, we begin to expand our thinking and creativity. New electrochemical pathways are formed, like highways that connect past experiences and knowledge to new ones. But the opposite is true as well. When we stop pushing ourselves to learn, our brain suffers. "When people stop practicing new things, the brain will eventually eliminate, or 'prune,' the connecting cells that formed the pathways."

When we are depressed, anxious, or lonely, it can be a reflection of an unhealthy turn inward. We become sad about who we are or how life is falling short of our expectations. Feeling helpless in the face of these emotions, we want to do anything but learn something new! But this is an essential practice if we are going to live lives of peace and purpose.

- ***What is a new endeavor that God might have for you? Ask some friends if they think this is a good thing for you to take on.***
- ***Gather some friends and try something new this week together. Record how this made you feel.***

"Creating or cultivating something new gives us a sense of accomplishment and joy."

Make a Memory - Imaginative Play

Aedriel Moxley said, "Memories aren't made from to-do lists." When we break out of the drudgery of to-do lists and focus on creating memories with those around us, we start to find the wonder in life. Reva Seth writes, "Many of the actions on our to-do lists—those that govern our daily lives—don't actually correspond to our main values. And that only exacerbates the feeling of being overwhelmed." When we sacrifice the values we cherish most for the immediacy of checking things off our lists, we do ourselves harm. Our hearts need space to feel, create, embrace, and love—none of which can be placed on a to-do list. These priorities only come when we make time for exploration, fun, and unexpected life to happen.

- ***Why is it so hard for us to use our imaginations and lay down the to-do list?***
- ***Carve out time this week. Sit around the table and ask your family, what is a creative way we can make a memory this month? Write down all their suggestions no matter how crazy they seem. Pick one to make plans to do ASAP.***

"God is always going to invite us into things where his glory is revealed and his vision is fulfilled."

Take Care of Something - Be Responsible

Having obligations and responsibilities reminds me I'm needed, that I have a critical role to play—and knowing this balances out my mental health. Though you can't work your way out of anxiety or depression (in fact, you can overwork your way into it), creating the conditions for sustained mental and emotional health requires creating moments of responsibility in your life. When we are responsible for doing certain things, it makes us feel needed and useful. When folks are relying on me, I come alive. I feel purposeful. I feel engaged. I feel needed. If you're stuck in a rut of anxiety, see whether there's some unexplored opportunity for responsibility in your life.

- ***What responsibilities motivate you to be your best?***
- ***Is God calling you to a new responsibility outside your home that will give you a sense of accomplishment, confidence and joy?***

"When we succeed, we're filled with new confidence. We come alive and useful."

Say Yes - Take a Risk

Taking a risk may be the hardest thing you'll ever do, but it's the only way we can partner with God in creating good and beautiful things. Some risks are smaller, while others are larger, but both require giving up control. Giving up control of the routine, our norms, and our comforts and moving into the unknown is paralyzing. Especially as we age. Research shows that as we get older, we become more adverse to risky behavior. This can be a good thing, helping us avoid dangerous activities that could lead to injury. But it might also mean remaining on the sidelines when adventure awaits. Taking risks assumes a reward or failure. That's just part of the dynamic. But when we stop allowing ourselves to dream, or decide we want to be comfortable and conservative, we just may be missing out on a way to partner with God, and as we partner with him in creating a life of faith, we'll learn to "not worry about tomorrow, for tomorrow will worry about itself." We'll learn to live in the peace and joy of God's purpose for us. The call and assignment of God is never possible without God.

REFLECT: ***Ask God to reveal if there is a risk you've been avoiding, something He might be calling you to do.***

- ***What is one step toward creativity you believe God wants you to take (big or small)?***
- ***What is something that you have always wanted to do but have never tried? Could you take a risk and say yes?***

- ***Has there been a time that God has called you to a whole new season that demanded creativity, risk taking and trust? How did He grow you in that season?***
- ***What new season is ahead of you, and how can God's creativity in you help you be productive and enjoy this next chapter of your life?***

"When we get comfortable and complacent it might just be time for a new and creative challenge."

What Now? - Rhythms for LIFE

We are coming to the end of our amazing journey together, discovering these rhythms of renewal. We have learned about the input rhythms of REST and RESTORE as well as the output rhythms of CONNECT and CREATE. This is not really the end, it's just the beginning. These practices are meant to guide our lives from this day forward. They can now serve as reminders of how to center our lives back on the Lord and His purpose for our lives when we get off track.

God gently beckons, never coerces, and offers the grace to fall into rhythms that will fill you with confidence and courage, confirm your calling, and give you strength to carry out his purposes. But this confidence, courage, and strength isn't what the world teaches.

"Rhythms are cyclical by design"

Our society is relentless. It's a nonstop, ever-churning, production-oriented, get-stuff-done society. If we're not careful, it can get the best of all of us. We are going to be in a cycle either way... one that leads to stress & anxiety or one that leads to peace & purpose.

The Scriptures give us clear direction, though: *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

It's the renewing of our minds that brings the transformation of our imaginations, that pulls us from the world's restless cycle. When we live into this renewal, we'll find our stress and anxiety transformed into peace and purpose. We'll find ourselves living in the center of God's will. We'll find ourselves with the strength and courage to do the unimaginable.

Don't think that now that you have learned these rhythms that you will do it perfectly... I find myself that when those first hints of a meltdown come calling, I return to the rhythms of renewal God has given us—Rest, Restoration, Connection, and Creation—and find the deep peace and purpose he's created me to experience.

As you've journeyed through this book with me, you've likely identified areas where you come up short. Maybe you can't seem to slow down, can't seem to rest. Maybe you don't take time to engage in restorative practices or can't seem to connect with anyone. Perhaps you've lost the desire to create anything. That's okay. None of us are perfect.

- **Make note below the rhythms of renewal that will take more work for you.**
- **How do you plan to intentionally incorporate them into your daily life?**
- **How can you possibly combine the harder ones with the rhythms that might come more naturally to you? Don't be afraid to mix and match the rhythms.**

Be relentless in your pursuit of them so that you can look back at your calendar each week and see the ways you've rested, found restoration, connected, and created something with God. If you practice these habits consistently, I know you'll find the renewed mind and the transformed life you so desire. Let's live into these blessed rhythms to Rest, Restore, Connect, and Create. Let's quiet inner chaos and make room for flourishing. Let's establish daily habits that keep us mentally and physically strong.

When we do, we cultivate the vibrant life we were meant to live. We take charge of our emotional & physical health and inspire others to do the same. We find joy in our relationships and communities. We make a difference in the world around us. We walk in confidence as we offer our unique gifts to one another and we become the carriers of peace that our world longs to see.