



# NC4 Ebenezer Project

The purpose of this project is to use artistic expression to help you process the emotions that you are experiencing in this season (even if you don't feel particularly emotional right now). Our entire world is experiencing something that has changed "normal life" as we know it. We don't want to be foolish and ignore what is happening. Instead, we want to recognize our thoughts and the impact of the changes that have taken place in our lives, sort through it all, and come out on the other side with a better understanding of ourselves and a tool to help us move forward.

To get a full overview of the Ebenezer Project, check out this video:  
<https://youtu.be/RAIrF5nrW3M>

## WHERE TO START

To help you get started, we've compiled a few prompts to allow you to organize your thoughts and emotions. Feel free to use them or ignore them—whatever serves you best.

- 1. What dates do you want to assign to this season?** Maybe it started when you first went into quarantine. Or, perhaps when your work schedule changed or someone you know was diagnosed with COVID-19 and that made you feel "displaced". Or, maybe it started even earlier in the year.
- 2. What "milestone" events have taken place in this season?** Maybe a baby was born or you moved. Did you lose a loved one or a job? Perhaps something "smaller" like working from home or learning to help your kids manage school from home. Think of the type of events/activities (good and bad) you will associate with this season and jot them down.
- 3. What emotions are you feeling at this time?** Think deep. Not just surface level emotions. Circle any emotions on this list that resonate with this period of time.

- |              |                 |                |              |
|--------------|-----------------|----------------|--------------|
| • Anxious    | • Fearful       | • Helpless     | • Worried    |
| • Frustrated | • Abandoned     | • Lonely       | • Upset      |
| • Depressed  | • Disappointed  | • Discouraged  | • Hopeless   |
| • Confused   | • Skeptical     | • Uncertain    | • Challenged |
| • Concerned  | • Curious       | • Enthusiastic | • Excited    |
| • Inspired   | • Compassionate | • Sympathetic  | • Tender     |
| • Contented  | • Grateful      | • Hopeful      | • Joyful     |
| • Peaceful   | • Lighthearted  | • Aware        | • Empty      |
| • Exhausted  | • Refreshed     | • Bold         | • Bored      |

- 4. What COLORS come to your mind? What WORDS come to your mind? What IMAGES come to your mind? Is there anything else that comes to mind regarding this season?** Don't stress about this. Take some time. Ponder. If nothing comes to mind, move forward.

## GENERAL GUIDELINES

This is not about “right answers” or what you think you “should” be feeling. This is like the Psalms, offering God a creative expression of the reality of our hearts whether they be joyful, sad, angry or anything in between.

This is not about making an award-winning masterpiece or judging yourself against some “professional.” It’s about honesty, self-reflection and offering whatever YOU have.

Try not to ONLY focus on the natural opposites. In other words, don’t simply express light versus dark. Try to be more detailed about what that means—if there is a particular color, object, word or movement you are thinking about, ponder a special way to express that.

Try not to only express things with a Christian focus/world-view. Be real!! Where are you at? How does this make you feel right now/today? These questions and reflections are just as important as where you want to be. Approach your creativity seeking to express. And if you’re stuck always go back to:

- Your relationship with God
- Your relationship with others
- Your relationship with yourself

## GATHER YOUR SUPPLIES

Remember, you can certainly use traditional “art supplies” like paint, drawing paper, charcoals, etc. But, we encourage you to think outside the box too. Fabric, yarn, old newspapers, musical instruments, even items from the recycle bin can all serve as inspiration for your project. Journaling is also a great tool and so is dance! Your final project may end up being a poem or simple cartoon drawing—whatever helps you express what you are experiencing in this season.

Once you have your supplies, carve out an hour or so to just create. There are no rules. You can do this alone or with other members of your family. You can put on music or not. Work inside or outside. Enjoy the process—that is just as important as the final project.

## SHARING YOUR PROJECT

Part of the therapeutic nature of this product is just creating. Another part is sharing with others what you have created and why you selected different materials, colors, words, sounds, numbers, movements, etc., to represent in your project. So, once your project is ready, find someone you feel comfortable sharing your piece with and what this experience was like for you.