

Artistic Expressions of Faith 2023: Bless the Lent We Actually Have

Quilt Square Project: Adult Instructions

- Use the 8" x 8" square cardstock which the Art Team is providing on a table with an art display in the Gathering Space. If you are unable to get a square on a Sunday or during regular office hours, you can pick one up in the black tote that is outside of the front doors of the building. Arrangements are being made to bring card stock and art supplies to shut-ins.
- Using the prompts below and using art media of your choice (such as markers, collage, photography, etc.), choose one and create your own artwork that conveys the theme that you are using for your square. How might you express the theme? What colors do you think of when you feel like that? Do any images come to mind? How does Jesus help you when you feel that way? Use your God-given creativity! You can look at our sample display in the Gathering Space for ideas.
- If you want, you can just write a key word (such as ALONE or HOPE) and decorate it in some way that shows your feelings about the concept, something like WordArt. Or you can write a poem or a few sentences about that feeling, or creatively write out a bible verse or two about feeling that way.
- Write the theme word and your name on the front of your square.
- Avoid using the outside edges of the square (keep about ¼" allowance) as those edges will be covered up when assembling the paper quilt.
- The squares must be completed by April 23rd. Please bring it back and put it in the box with the hanging file folders on the display table in the Gathering Space or in the black tote outside the door no later than April 23rd.

Choose one theme for your square:

Blessed are the curious

Read John 3:1-17. Nicodemus wondered what Jesus meant when he said that he could be born again. What makes you wonder? What are some things that you wonder about? What does that make you want to do? Think about a time when you explored something new. How do you feel when you wonder or explore? Create something that describes how you feel curious and how Jesus helps you when you feel that way.

Blessed are those who feel alone

Read Psalm 23. In this familiar psalm, we are shown how Jesus is our Shepherd who helps us when we feel alone. Have you ever had a time when you felt all alone? How does that feel?

Create something that expresses feeling alone and how Jesus helps you when you feel that way.

Blessed are those who mourn

Read John 11:1-44. In this story, Jesus' good friend, Lazarus died and Jesus mourned his death by weeping. Have you ever had a loved one, a close friend, or a beloved pet die? Have you ever lost something dear to you? How does it make you feel when you mourn or grieve? Create something to show your feelings about all of this, and how Jesus helps you when you mourn.

Blessed are those who hope still

Read John 20:1-18. Lots of people think about hope as something that you wish will happen or want to happen, but as a follower of Jesus, hope is more than that. It's expecting with certainty that God will do what God has said. It's something you can depend on, something you can trust will happen. When are times when you felt that you've needed hope? Create something that expresses your feelings of hope, and how Jesus helps you when you feel that way.

Blessed are those who feel rejected

Read Matthew 21:1-11. Jesus rode into Jerusalem on a donkey, and later in the week he would suffer and die on a cross. Even his own followers rejected him. Think about times when you felt rejected. Maybe you've felt this way at work when people don't choose to work with you. Maybe you've asked for a raise or a promotion at work, or you applied for something that you really wanted, but didn't get it. Maybe your close friend turned on you. How does it make you feel to be rejected? Create something to show your thoughts and feelings of being rejected, and how Jesus helps you when you feel that way.

Blessed are the imperfect

Read Matthew 4:1-11. Jesus was faced with temptations, yet he relied on God and his faith in his mission to give him strength. Have you ever felt that you don't measure up to other people, that you don't fit in, or that you're not good enough? Have you ever made mistakes or felt that you can't do anything right? Maybe you feel different from other people. Maybe there are things that other people can do that you can't do. What do you do when you feel that way? Create something to express your thoughts and feelings of being imperfect, and how Jesus helps you when you feel that way.

Blessed are those who suffer

Read Romans 5:1-11. Because of our faith, Jesus helps us when we run into problems and trials. Think of a time when you have suffered. Maybe this was a job loss or loss of relationship through death or separation. Maybe you or someone dear to you suffered illness, financial

difficulties, etc. Think about how suffering makes you feel. Create something to express your thoughts and feelings about suffering and how Jesus helps you when you feel that way.

Blessed are the fragile

Read Psalm 51 and John 13:1-17; 31b-35. We need to be made pure again from sin. We feel powerless from its bonds. Jesus took on a vulnerable role of servanthood to his disciples by washing their feet. Think to a time when you've felt fragile, shattered, vulnerable, or weak. Maybe you have felt like you can't go on one more day. Maybe you sense the impermanence of life. Maybe you have a situation where you've put yourself out there and risked embarrassment or shame. Maybe there's been a time when you've had to do something new that's risky and you had to reach beyond what you thought you were capable of doing. Maybe you've experienced a temporary setback or disability—or a permanent one. How does it make you feel to be fragile, vulnerable, and temporal? Create something to express your thoughts and feelings about feeling fragile, and how Jesus helps you when you feel that way.