

The Write Spirit

A guided writing experience to restore your spirit.



Why Write?

Revelation 1:19 (TPT)

Now I want you to write **what you have seen, what is**, and **what will be** after the things that I reveal to you.

I became intrigued by these instructions to John while studying the book of Revelation. As an educator, I have often taught children the three-part writing process. That process includes: pre-writing (mind mapping or brainstorming), writing and revising and editing. So, what does that have to do with anything? So glad you asked!

In these instructions to John, I not only see a glimpse of the writing process, but I believe these instructions give us an insightful look at our lives. Our lives go through several iterations and we have the liberty to re-invent ourselves at will.

Why write? We write what we have seen.

We write because the past informs our understanding of who we are. It determines how we move and live in the world. Like pre-writing or mind mapping, we bring our frame of reference, the sum of our experiences to the process. It is those experiences that allows us to brainstorm or mind map. It is those experiences that have defined us in healthy and unhealthy ways. Like mind mapping, it contains all of the ideas we have about ourselves.

Why write? We write what is.

We write because it helps us to reflect how we are living our truth in the world. It helps us to assess why we are where we are and why we are who we are.

Why write? We write what will be.

We write because writing can help us make peace with what we cannot change and change those things we cannot make peace with. It helps us to create a new vision for our lives; who we want to become in the world and what we want to accomplish.

Why write?

We write because writing is a safe place that allows us to look at ourselves and learn to love ourselves all over again! As we write, we are surrounded by God's healing grace and we know, without a doubt, that we are presently and eternally loved.

That is why we write.

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Day 1

“Some days punch us in the gut so hard it seems we can feel the whole universe gasps with despair.” - Curtis Tyrone Jones, *Mirrors Of The Sun: Finding Reflections Of Light In The Shittiness Of Life*

Describe a time when life packed you a punch that left you reeling and gasping for air? What happened? Describe your pain? How did you respond to it? How did you survive it?

NOTE:

If you are writing alone, you may choose to reach out to a trusted friend or sibling to share your thoughts and/or find support. If you are writing with a group and you are comfortable with one another, you may share and offer support to one another. You are NEVER required to share your writing. However, often in sharing with others you can gain useful insights.

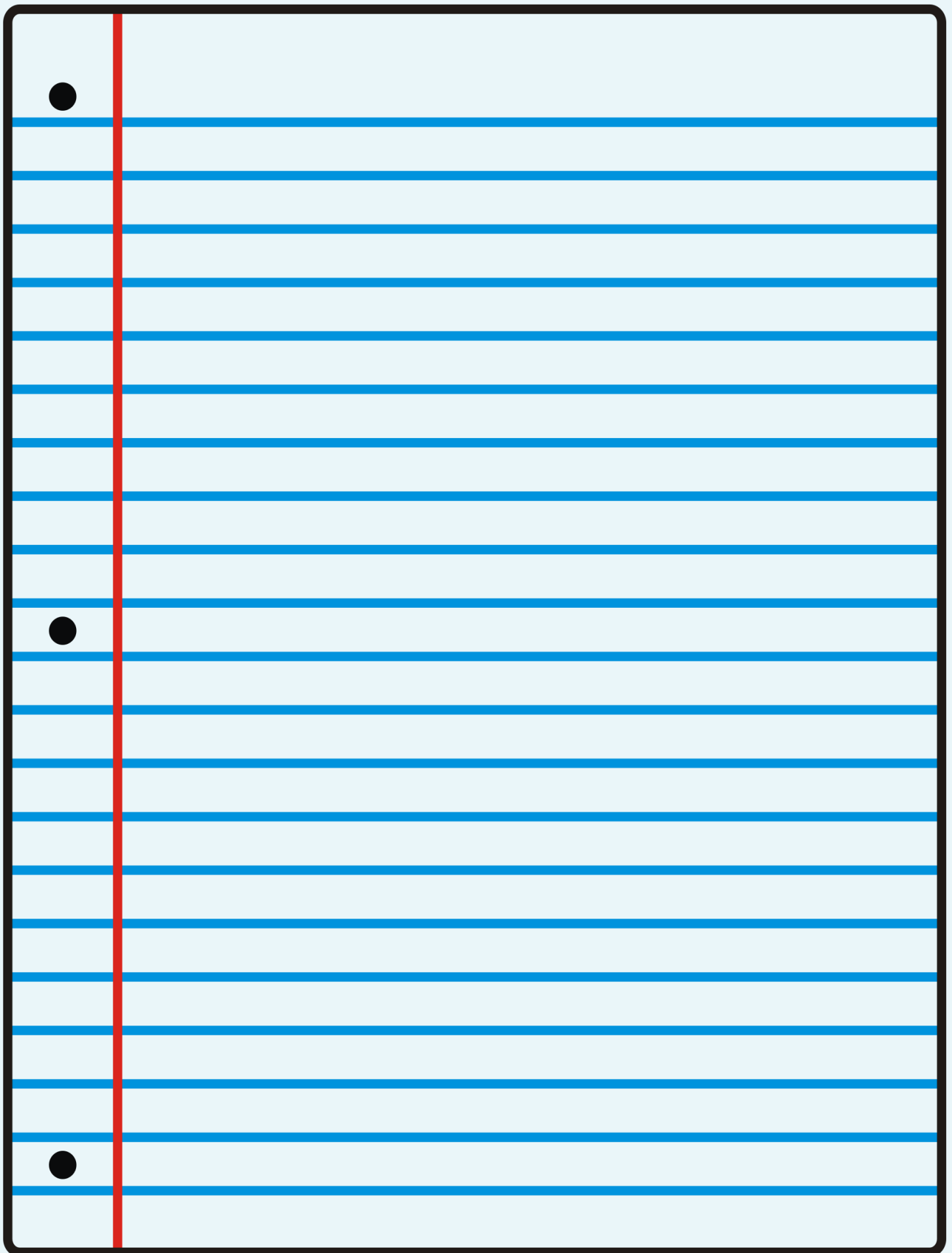
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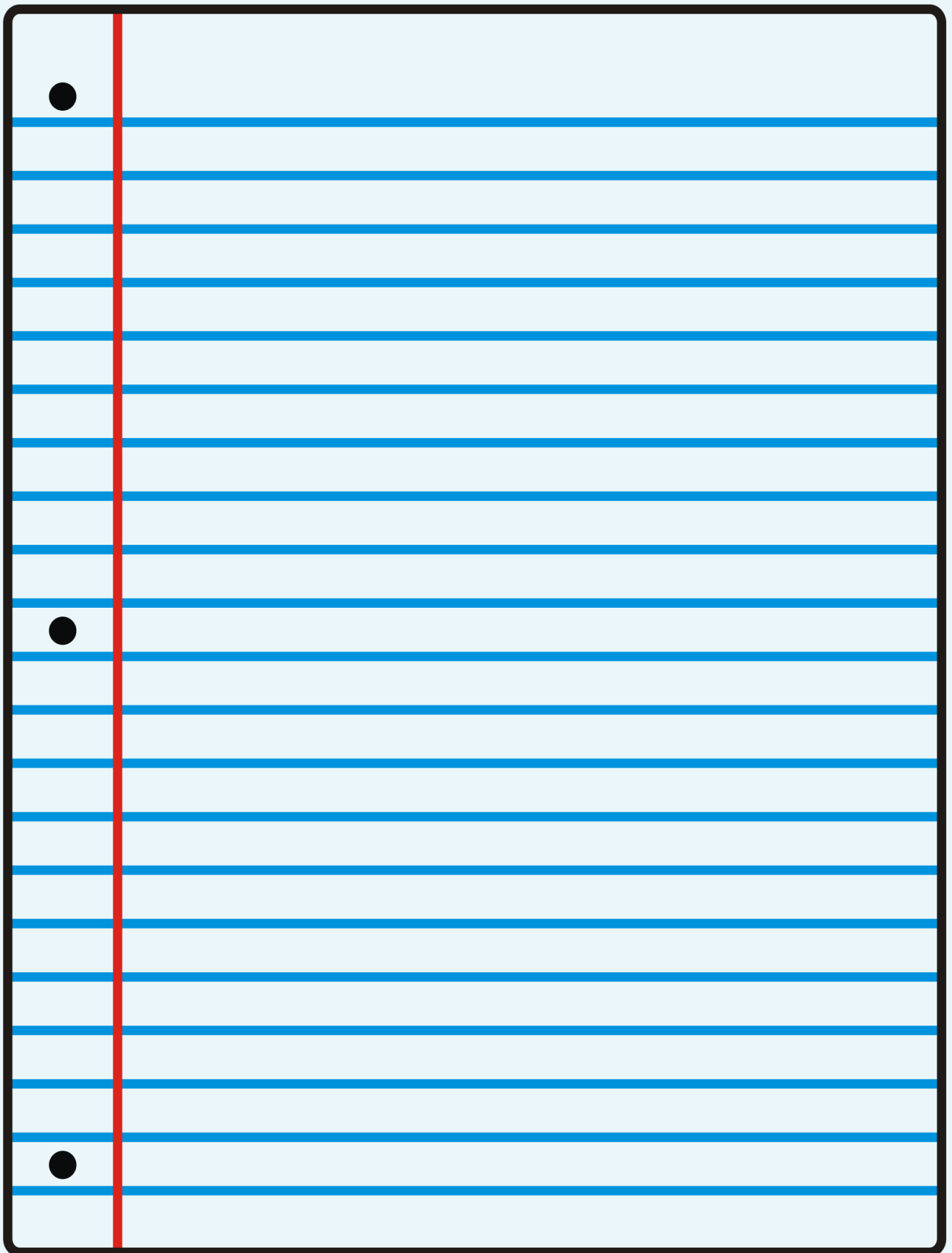
This is my comfort in my affliction, that your promise gives me life. (Psalm 119:50)

The LORD is near to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:18)

What does it mean to be comforted by God in your affliction? Can you really find comfort in that? How did/have you sensed the Lord's presence in your adversity?







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Day 2

“Learn this from me. Holding anger is a poison. It eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves.” — Mitch Albom, *The Five People You Meet in Heaven*

What type of dance do you do with anger? Are you volatile? Seething? Sarcastic? Suppressed? Are you angry beneath the surface? What or who has hurt you? Who is suffering more, you or them? How do you get past anger? Is it possible to forgive?

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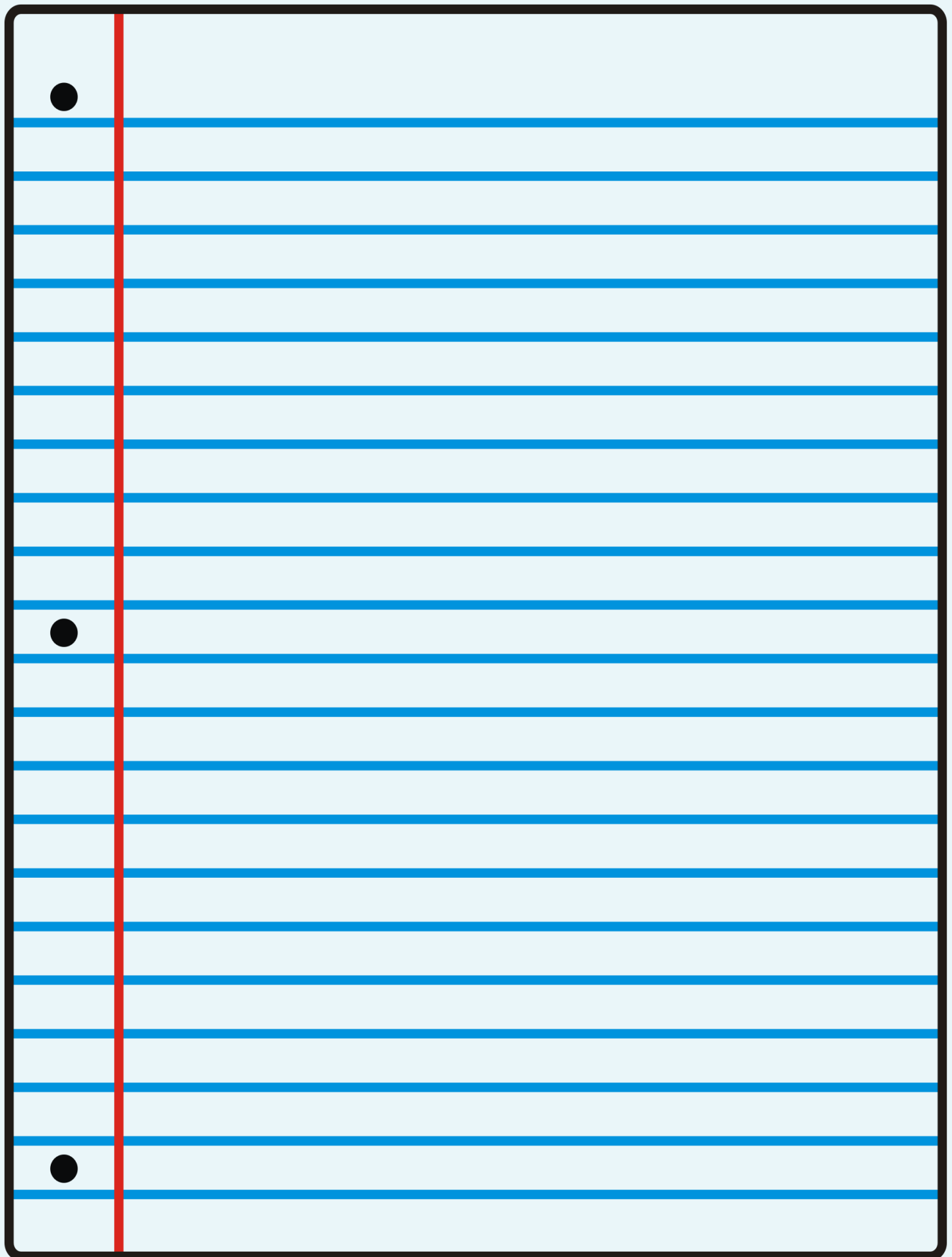
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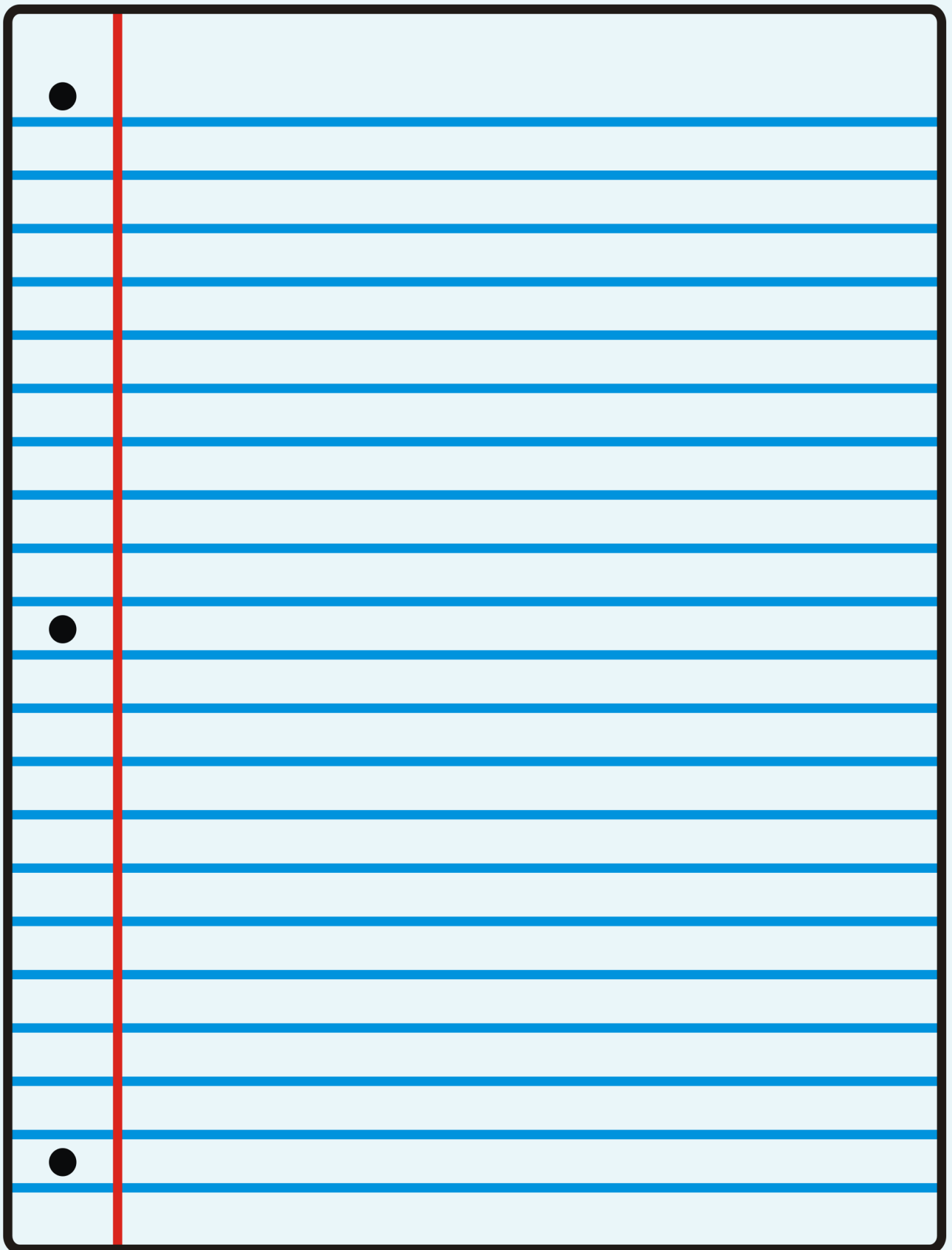
FINAL REFLECTIONS:

And my soul shall be joyful in the Lord; It shall rejoice in His salvation. (Psalm 35:9)

In what ways can you/have you gained strength from your circumstances? Have you found joy? Who or what is its source? Have you been propelled forward by those events or you stuck and stagnant?







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Day 3

“Difficulties and adversities viciously force all their might on us and cause us to fall apart, but they are necessary elements of individual growth and reveal our true potential. We have got to endure and overcome them and move forward. Never lose hope. Storms make people stronger and never last forever.” — Roy T. Bennett, The Light in the Heart

How can/did you find meaning in your adversity? What does/did it take for you to endure? How do you shift your thinking to see light in the darkness?

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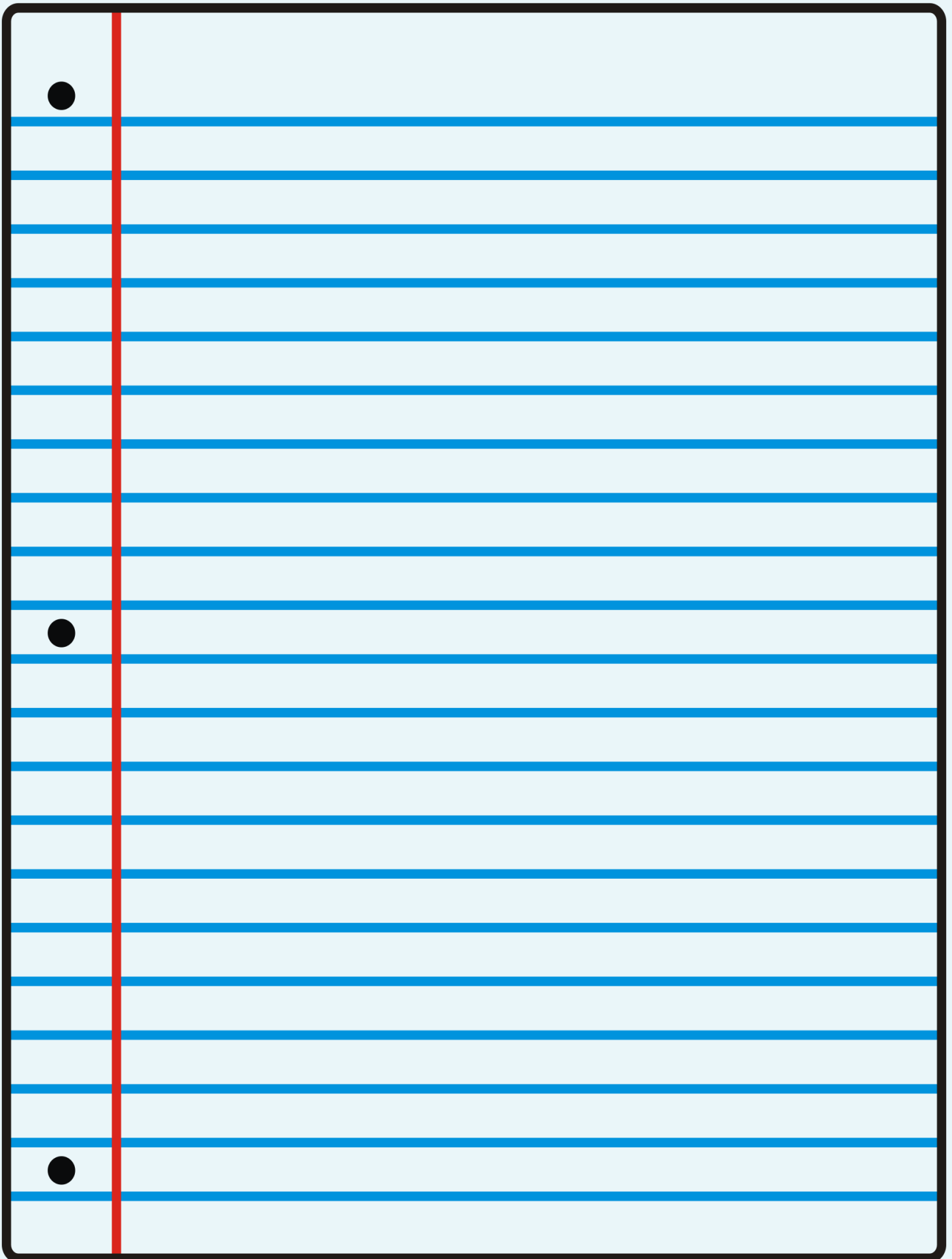
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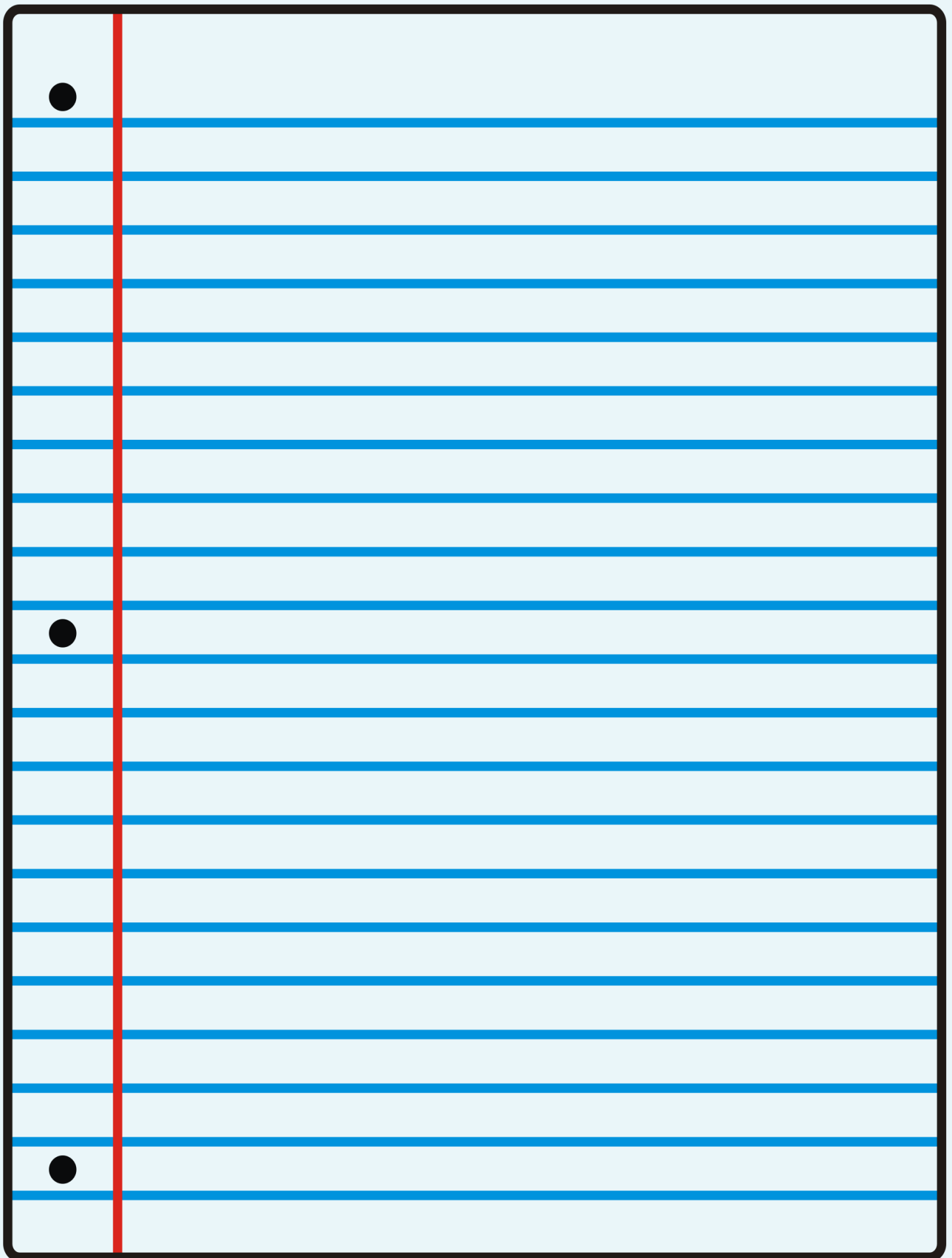
FINAL REFLECTIONS:

I will sing my song of joy to you, the Most High, for in all of this you have strengthened my soul. My enemies say that I have no Savior, but I know that I have one in You! (Psalm 13:6)

How have you been strengthened? Have you recovered your joy? How can you be steadfast in spite of life's storms? How can you re-write your story in victory?







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Day 4

"There are so many ways to be brave in this world. Sometimes bravery involves laying down your life for something bigger than yourself, or for someone else. Sometimes it involves giving up everything you have ever known, or everyone you have ever loved, for the sake of something greater.

But sometimes it doesn't.

Sometimes it is nothing more than gritting your teeth through pain, and the work of every day, the slow walk toward a better life.

That is the sort of bravery I must have now." — *Veronica Roth, Allegiant*

Why is courage so important to rewriting your story? How can/do you face your fears? How can you turn adversity into victory?

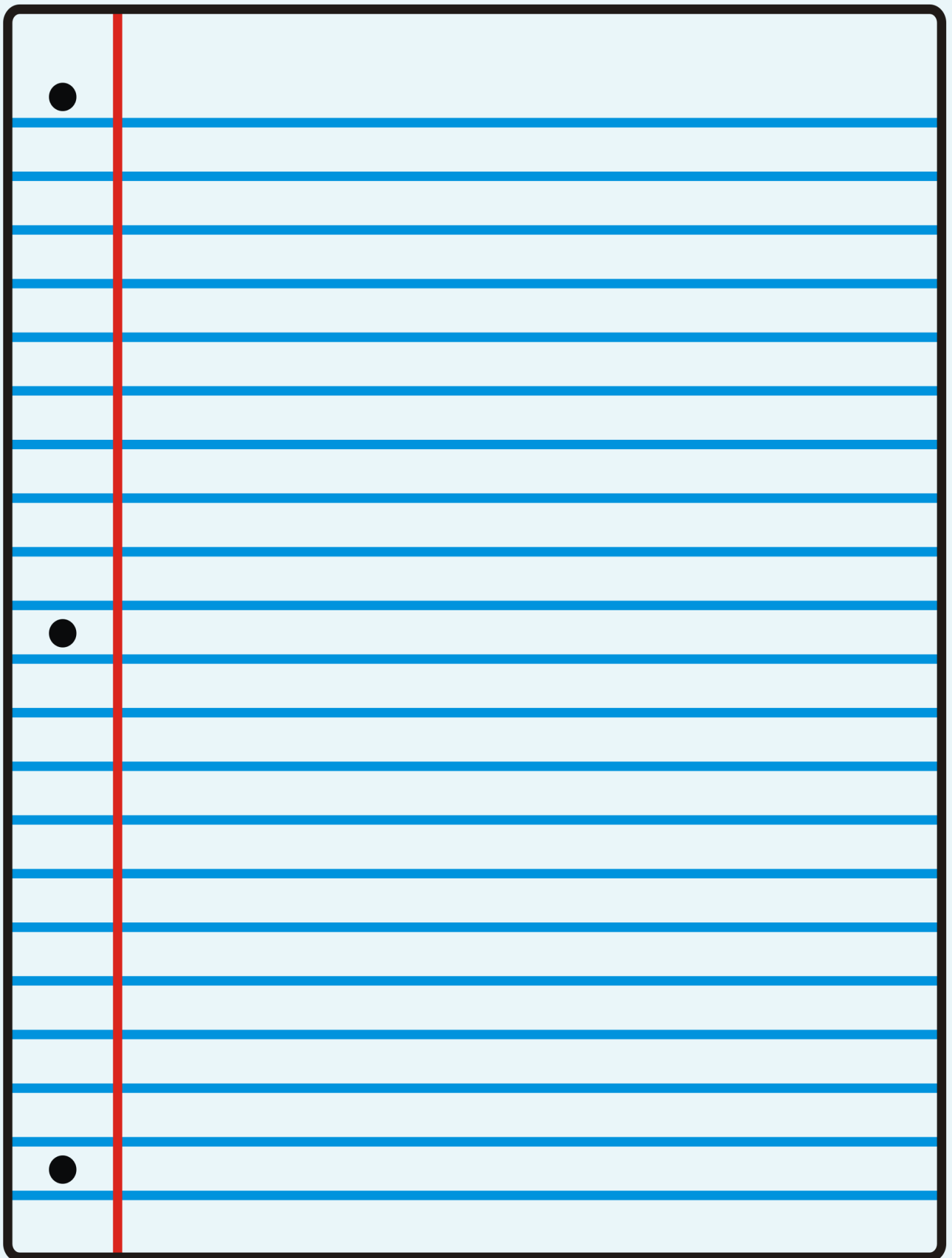
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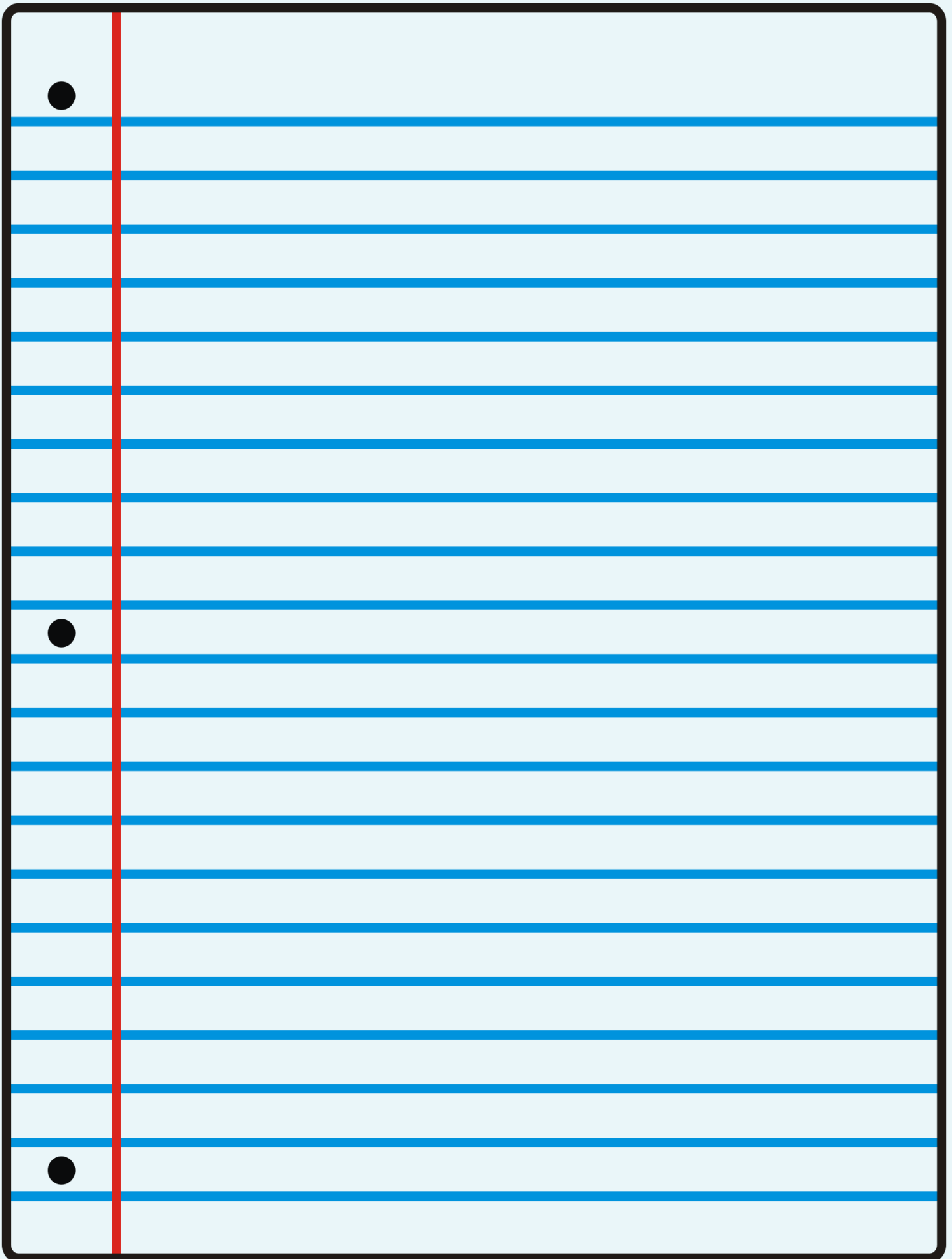
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FINAL REFLECTIONS:

...fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. (Isa. 41:10)







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Day 5

"The real glory is being knocked to your knees and then coming back. That's real glory. That's the essence of it." — Vince Lombardi

How can your story be beneficial to you and to others? What new things can you explore and plan to move on?

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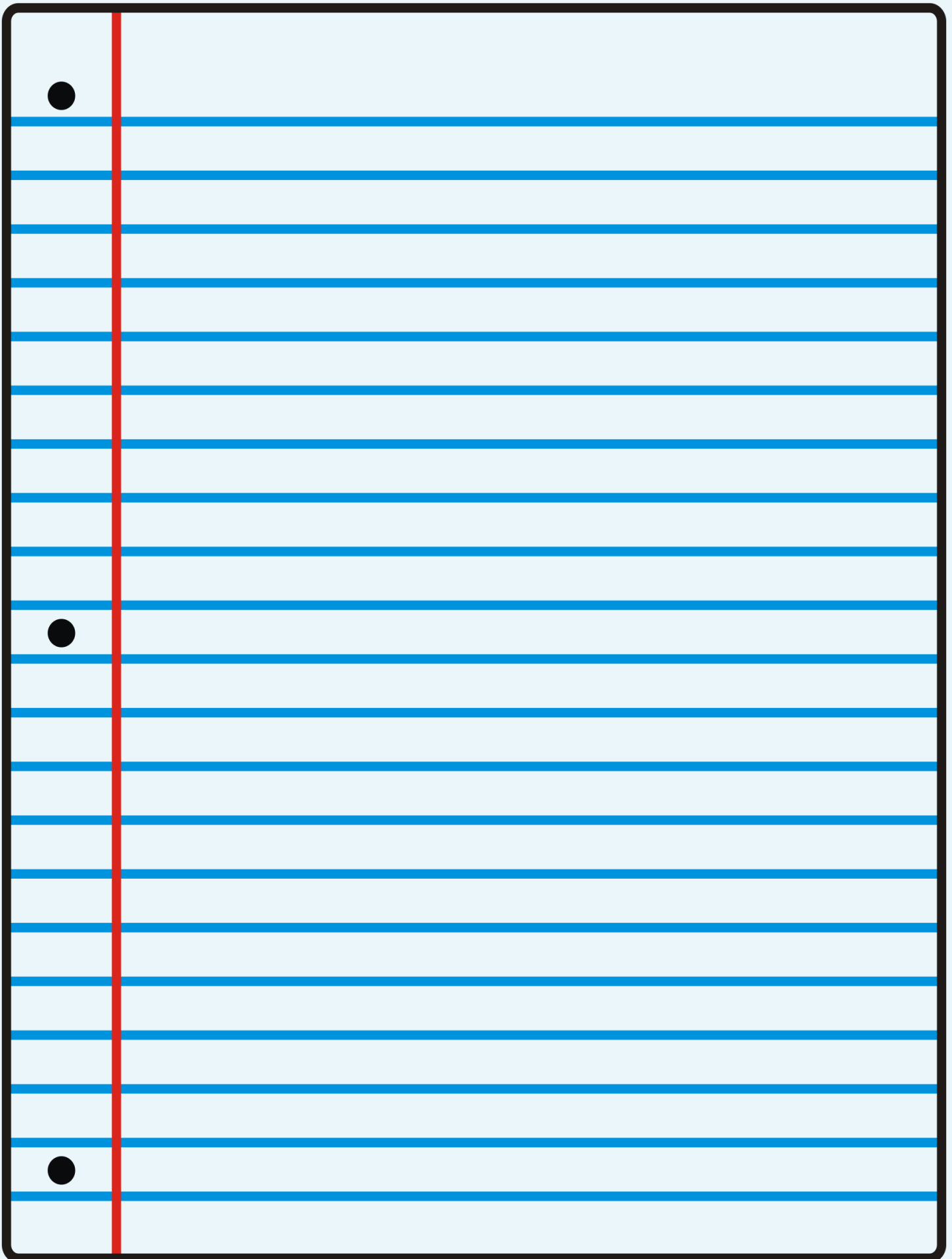
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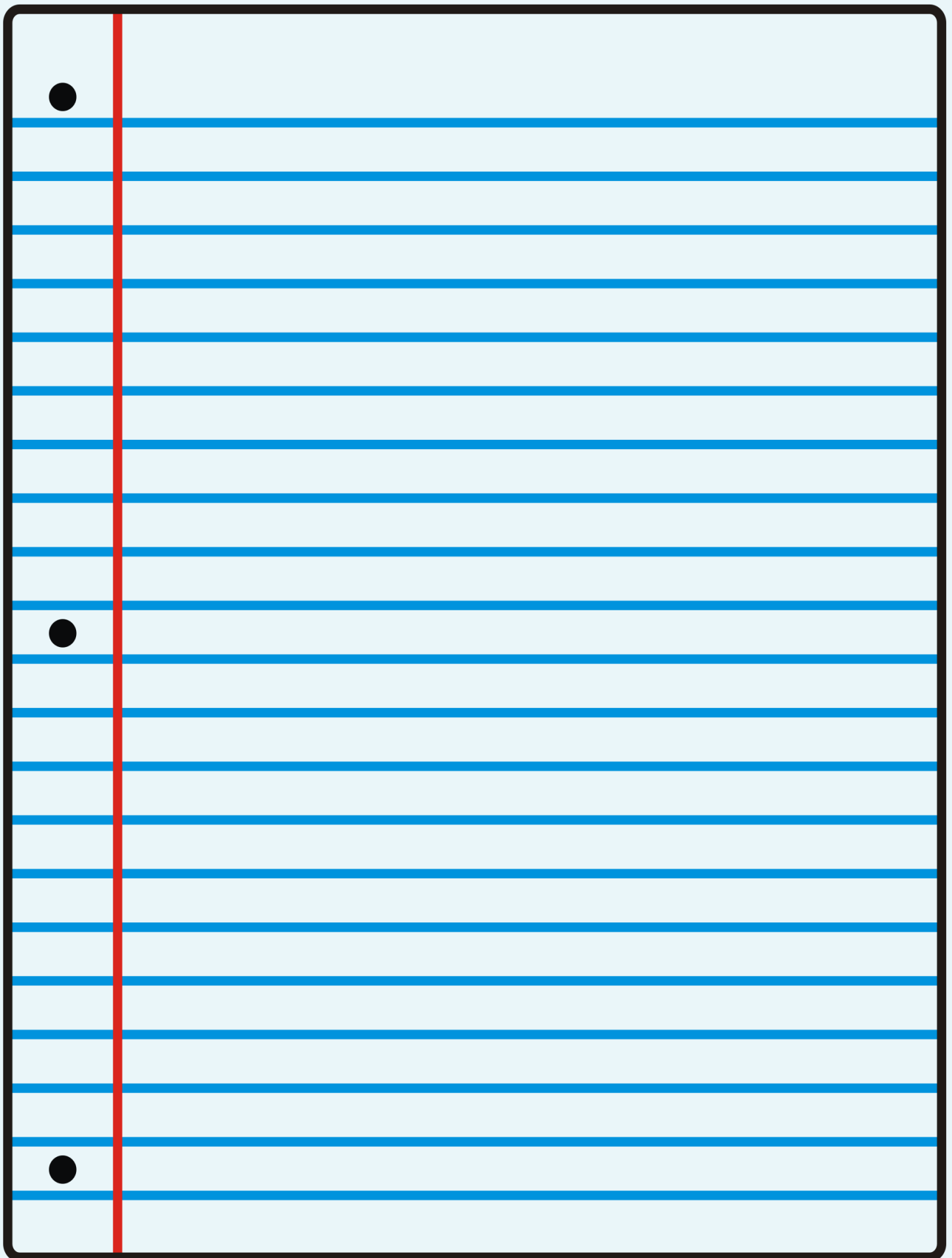
"But thanks be to God, who gives us the victory through our Lord Jesus Christ." (1 Cor. 15:57)

"I can do all things through Christ who strengthens me." (Philippians 4:13)

Make a short-term plan to accomplish something new. What could you do to move yourself forward? (i.e., return to school, find a new hobby, move to a new location, etc.)







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Dear Friend,

I pray that your writing experience has been insightful, invigorating, refreshing and renewing. I encourage you to continue writing. Keeping a journal will allow you to listen to your heart. If you've been helped by this experience, please share it with a friend.

Respectfully,

Simone

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