



*Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.*

**George Bernard Shaw**

### **WEEK 1: MARCH 28TH - APRIL 3RD**

**Question:** *How childlike are you in your thinking and actions?*

Adora Svitak in her TED talk speaks on the idea of more “childish” thinking.  
<https://youtu.be/V-bjOJzB7LY?feature=shared>

Children are free to imagine with limitless possibilities. Children don’t think of what can’t be done or how something can’t be accomplished; they are free of logic and boundaries. As adults we are more likely to stop ourselves from doing things because we are aware and know how things work and what limits there are.

What are some things that you have stopped yourself from doing for fear of the end result or the consequences? What is something you would go back and do if you had the free thinking of a child? Or maybe there is something now you are holding yourself back from doing. Imagine the possibilities of what could have been and can be if you had been or choose to be “childish”.

*He called a child, whom he put among them, and said, “Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven. Whoever welcomes one such child in my name welcomes me. **Matthew 18:2-5***

## **WEEK 2: APRIL 4TH - APRIL 10TH**

**Question:** *Can your imagination be your superpower?*

Steve Kader in his TED talk speaks on the idea using your imagination to make the world a better place.

<https://youtu.be/MCQjDet4dc8?feature=shared&t=18>

Do you cause yourself stress and anxiety with your over active imagination? You can not change the world or what happens out of your control, but you can change yourself. Here are three way Steve talks about ways you can change yourself by using your imagination.

*D3: Do it Different Day*

Utilize parts of your brain that don't get used and give parts of your brain a break.

*P3: Practice Possitive Perspective*

Imagine yourself in a situation and practice appropriate responses.

*PET: Purposely Expose Yourself in a Trigger*

Put yourself in situations that bother you and do what you practiced.

Can you see yourself trying any of these examples? Do you think that by using your imagination you can change who you are and how you respond and react to situations? What do you think about Steve's take on your imagination as your superpower?

*To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.*

***Ephesians 4:22-24***

### **WEEK 3: APRIL 11TH - APRIL 17TH**

Question: What happened to your imagination as you grew into an adult?

Kyle Hart in his TED talk gives us some insight about our imagination and how to use it to become unstoppable.

<https://www.youtube.com/watch?v=gzxJd81IzKc>

He speaks on these three components of imagination.

POWER: the power of your imagination and following your dreams

FAILURE: embrace your failures

COMMUNITY: finding your support system

Kyle says that everyone has an imagination, you just have to know how to use it. Do you feel like you have an imagination or that you somehow lost it in your childhood? We all have dreams, and wishes to chase them. What is stopping you from following those dreams? Is it failure like Kyle mentioned? How do you think you can use the three components of your imagination to grow yourself? What can you take away from this video?

*Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. **Philippians 1:6***

## **WEEK 4: APRIL 18TH - APRIL 24TH**

Question: Does your imagination have you living in fear?

Liz Aguirre discusses in her TED talk “Why the Secret to Fulfillment is Imagination”

<https://www.youtube.com/watch?v=gzxJd81IzKc>

Consider these thoughts. Are you taking care of you? What does your inner critic say to you? Do those around you have your best interest at heart?

Liz speaks about five ways to help you have a positive imagination:

1. Practice awareness
2. Take care of yourself
3. Reject the naysayers
4. All things new come from positive imagination
5. You get to choose if your imagination is for positive or negative thoughts

*Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him, because He cares for you.*

**1 Peter 5:6–7**

## **WEEK 5: APRIL 25TH - MAY 1ST**

Question: How can you use your imagination for the betterment of society?

As we wrap-up this month on imagination lets look at ways to spark your creative imagination. Whether you use your imagination regularly or only recently started reconsidering its possibilities, we can all use a little pick-me-up for our creative minds. Shagun Agarwal speaks on “How to regain your imagination and creativity as an adult” in her video.

<https://www.youtube.com/watch?v=Vnw1rn5zaUo>

She gives 9 techniques of how you can do this.

1. Think that anything and everything is possible
2. Importance of reading
3. Telling stories
4. Importance of calming your mind
5. Spend time with creative people
6. Don't be afraid to try something new
7. Observe
8. Being curious
9. Spending time in nature

Think about what you have learned about your imagination this month. Have you been able to take away anything that feel you can use? Do you think you be able to can use your imagination in a positive and carefree way? What do you see yourself doing differently based off what you have learned?

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. **Romans 12:2***