

## DAY SIX

*For I am waiting for you, O Lord. You must answer for me,  
O Lord my God. Psalm 38: 15*



**Write for six minutes about** something you are waiting for right now, and where God is, or isn't, in the picture.

**Later today:** Find a seed or a dried bean, and hold it gently in your

## DAY SEVEN

*The eleven disciples and the others who had gathered with them said,  
"The Lord has really risen!" Luke 24:33-34*

**Write for six minutes about** a new hope you have experienced today in worship, prayer or family time.



**Later today:** Eat some chocolate without feeling guilty!

*Eastview Baptist Church Discipleship*

## An Easter Experiment



# Six Minutes for Six Days

**Expressive Writing** is a form of journaling developed by James W. Pennebaker over twenty years ago. Students who wrote about something deep and important for a set number of minutes each day wound up physically and mentally healthier than a control group who wrote about the weather. Hundreds of similar empirical experiments later, we know that the very act of writing taps into something powerful.

It doesn't matter if you make spelling mistakes.

It doesn't matter if you get stuck and write the same thing over and over. It doesn't matter if you tear it up afterwards.

The act of writing it down is therapeutic.

Our minds are designed to try to understand things that happen to us. When we experience confusion or pain, our brain works overtime to try to process the experience. Our thoughts keep us awake at night, distract us at work or unsettle our relationships. When we translate an experience into language, we make the experience graspable. That doesn't mean we should all write a daily diary. Pennebaker says its more like an occasional course correction; it allows people to stop for a moment and evaluate their lives. "Standing back every now and then and evaluating where you are in life is really important."

## DAY ONE

*"God gives us richly all things to enjoy." I Tim 6:17*

Lets take an easy writing topic for the first day.

**Write for six minutes** — yes time it— about an Easter you remember.

A holiday, a camp, a fishing trip.

Don't lift the pen from the paper until the time is up.

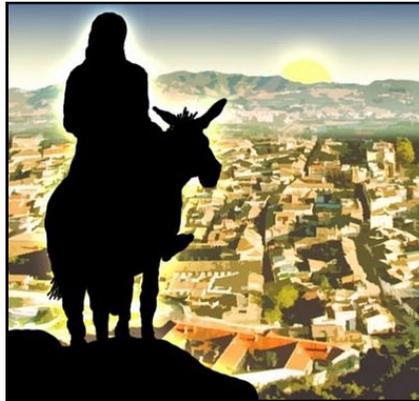


**Later today:** remember the good things you enjoyed

### DAY TWO

*"Behold, we are going up to Jerusalem, and the Son of Man will be betrayed to the chief priests and to the scribes; and they will condemn Him to death, and deliver Him to the Gentiles to mock and to scourge and to crucify...."*  
Matthew 20:18-19

**Write for six minutes about** a difficult physical, mental or emotional journey you needed to take in the last twelve months.

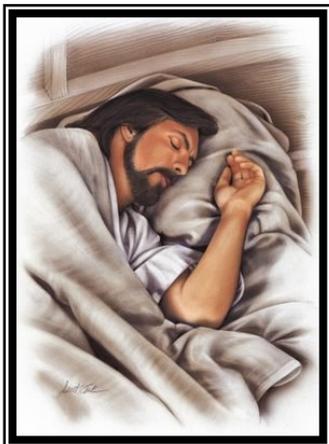


**Later today:** find a stone to symbolise your journey.

*Bury it in the garden or throw it in the sea.*

### DAY THREE

*Then he returned to Bethany with the twelve disciples. Mark 11: 11*  
It is said Jesus and his disciples spent at least one day of Holy Week resting in Bethany, about two miles east of Jerusalem. He would have stayed with Mary, Martha and Lazarus to prepare for the Passover.



**Write for six minutes about** how much rest you have had or will have this week.

**Later today:** try listening to calm music while consciously relaxing your muscles and noticing your breathing.

### DAY FOUR

*When he returned, he found them sleeping, for they couldn't keep their eyes open. So he went to pray a third time, saying to the disciples, "Go ahead and sleep. Have your rest. But look—the time has come. The Son of Man is betrayed into the hands of sinners."* Matthew 26: 43- 45

**Write for six minutes about** a time you felt abandoned or betrayed by a family member, a friend....or perhaps by God.



**Later today:** Carry a watch or clock in your hand for fifteen minutes to remind you of the healing power of time.

### DAY FIVE

*When they came to a place called The Skull, they nailed him to the cross.....Then Jesus shouted, "Father, I entrust my spirit into your hands!" And with those words he breathed his last.*

Luke 23:33, 46

**Write for six minutes about** something in your life that is dying right now..... or that needs to die.

**Later today:** find a sweet-smelling flower or perfume and take a deep sniff, remembering how Jesus' death was 'a pleasing aroma to God.' (Eph 5:2)

