

twirl

PATSY CLAIRMONT



ONE
more

If the doors of perception were cleansed, everything would appear to man as it is—infinite.

—WILLIAM BLAKE

1. This week, try a conversation with someone you know that offers them space to discover some of their more. Ask questions to help spur them to search inside, but be careful not to violate their privacy.
2. Name three things you'd like to do in your lifetime that you haven't already done.
3. If you had a jet to fly anywhere in the world, where would you go? What five people would you take with you?
4. If you could play an instrument for your personal enjoyment, what would it be?
5. What color would you choose to represent your life?



T W O
yes

*I thank you God for this most amazing day, for the leaping
greenly spirits of trees, and for the blue dream of sky and for
everything which is natural, which is infinite, which is yes.*

—E. E. CUMMINGS

1. What has been your biggest *yes* to date?
2. What are three things you can do to improve your interior dialogue?
3. Have you said yes to Jesus as Lord? If not, how about today?

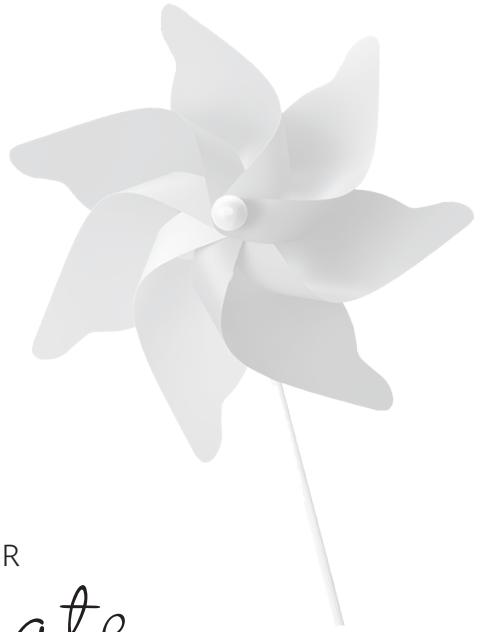


T H R E E
bloom

*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.*

—WILLIAM WORDSWORTH

1. What do you enjoy about a garden?
2. What flowers do you love to receive?
3. Have you ever, like Wordsworth, “wandered lonely as a cloud”? What cheered you?



FOUR
decorate

With the new day comes new strength and new thoughts.

—ELEANOR ROOSEVELT

1. When was the last time you had to adjust your attitude?
2. What have you stored away that you need to drag out and share?
3. What might you do to decorate today?



FIVE
read

By words the mind is winged.

—ARISTOPHANES

1. Why do you read?
2. What authors speak your language?
3. Why are books great gifts?



SIX
rest

He makes me lie down in green pastures.

—PSALM 23:2

1. How many hours of sleep do you average a night?
2. What are nighttime rituals that help you settle down?
3. Is there a Psalm that comforts you at night?



S E V E N
wings

Oh, that I had the wings of a dove!

—PSALM 55:6

1. When was the last time you wished you could fly away?
Why?
2. Do you take yourself too seriously? If so, how can you rise above it?
3. Who extends kindness with mercy to you? Have you thanked them?



EIGHT
laugh

Laughter is the shortest distance between two people.

—VICTOR BORGE

1. When is the last time you laughed until you cried?
2. Do you need a laugh vacation? If so, how can you help that happen?
3. When something's funny, who is the first person you want to tell? Why?



N I N E
ponder

Work is not always required. There is such a thing as sacred idleness.

—GEORGE MACDONALD

1. Name a peaceful setting that you've been to.
2. Do you have a quiet space in your home?
3. How do you think quiet helps you?
4. Do a study on the words *quiet*, *still*, and *peace*. Record what you learn.



T E N
pen

Of all the attitudes we can acquire, surely the attitude of gratitude is the most important and by far the most life-changing.

—ZIG ZIGLAR

1. Do you find it easy or hard to express gratitude?
2. How are you aware of God in your hours?
3. Who was the last person to send you a handwritten note?
Did you answer him or her?



E L E V E N
art

Art enables us to find ourselves and lose ourselves at the same time.

—THOMAS MERTON

1. When was the last time you painted a picture? What was it of? Did you like it?
2. Can you think of a time when someone gave you permission that became a turning point in your life?
3. Do you believe art is therapy? Why or why not?



T W E L V E
snap

For me, the camera is a sketch book, an instrument of intuition and spontaneity.

—HENRI CARTIER-BRESSON

1. What photographs capture your favorite memories?
2. Do you have an album from a trip to a faraway place (be it Kansas or Calcutta)?
3. Any pictures of wild animals? (My scariest is of my girl-friend's kitten hissing at a stuffed toy in her Michigan living room.)



T H I R T E E N
verily

A poem begins as a lump in the throat.

—ROBERT FROST

1. Have you ever written a poem? When?
2. Who is your favorite poet?
3. Recite a poem from childhood.



FOURTEEN
dance

We should consider every day lost on which we have not danced at least once.

—FRIEDRICH NIETZSCHE

1. What part has dance played in your story?
2. What's your favorite dance to watch?
3. What in nature dances for you?



FIFTEEN
fragrance

Thanks be to God . . . who uses us to spread the aroma of the knowledge of him everywhere.

—2 CORINTHIANS 2:14 NIV

1. What fragrances surge with memories for you?
2. What is your personal fragrance?
3. What fragrance comforts you?



SIXTEEN
brave

It is easy to be brave from a safe distance.

—AESOP

1. What's the bravest thing you've ever done?
2. How did brave feel?
3. How do you handle the times when you feel different?
4. Do you have a bucket list?



SEVENTEEN

Sorrow

*Where you used to be there's a hole in the world, which I
find myself constantly walking around in the daytime, and
falling in at night.*

—EDNA ST. VINCENT MILLAY

1. What was your earliest loss?
2. What loss ruptured your heart?
3. How did you grieve that loss?



EIGHTEEN
bubbles

There is no angry way to say “bubbles.”

—ANONYMOUS

1. What are your favorite bath products?
2. Do you have a Big Ben clock ticking in your head? How might you soften its impact?
3. When is the last time you gave your body permission to recalibrate?



NINETEEN
evergreen

A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people.

—FRANKLIN D. ROOSEVELT

1. What is your favorite tree?
2. Would you consider planting a tree on your property this year? If so, what kind?
3. What quality of a magnolia tree would you like to see grow in your life?



T W E N T Y
sparrow

For a lack of attention, a thousand forms of loveliness elude us every day.

—EVELYN UNDERHILL

1. What is your favorite bird?
2. When was the last time you wanted to fly away?
3. What does the song in your heart sound like?



T W E N T Y - O N E
be

If there's no peace in our pace, we're not in Christ's race; we are running one of our own.

—PATSY CLAIRMONT

1. Are you more of a *be* person or a *do* person? Explain.
2. How does the silence make you feel?
3. How has God taken care of you?



T W E N T Y - T W O
Cuddle

Such short little lives our pets have to spend with us, and they spend most of it waiting for us to come home each day. It is amazing how much love and laughter they bring into our lives and even how much closer we become with each other because of them.

—JOHN GROGAN

1. What pets have you owned?
2. What was your favorite pet? Why?
3. Has a pet ever saved your life? How?



T W E N T Y - T H R E E

verve

The words of scholars are like well-driven nails.

—ECCLESIASTES 12:11

1. How would you rate your vocabulary on a scale of 1 to 5 (5 being the best)?
2. How often do you use a dictionary?
3. Do you have any “hiccup” words?



TEWNTY-FOUR
stars

*I once had a speedy bicycle that I believed, at night, could
fly me to the heavens and let me touch the glittering hem of
a star.*

—PATSY CLAIRMONT

1. Why do you think God counted the stars and named them?
2. When did you go through a kick-the-can season?
3. How do you combat the enemy's propaganda?



T W E N T Y - F I V E
edit

He who has knowledge spares his words.

—PROVERBS 17:27

1. Do you have too many words? Or too few?
2. Where is your guarded space for quiet?
3. Who are your examples? What is their style of truth telling?



T W E N T Y - S I X
story

Fill your paper with the breathings of your heart.

—WILLIAM WORDSWORTH

1. If you wrote your story, what would you title it?
2. If your story was a movie, who would you like to play the part of you?
3. When did you last read a biography? Who was it about?
4. Who is your favorite author?
5. What do you like about that author's work?