



RIDING THE WAVES OF A
FRESH START:
Mindset Shifts for
Christian Creatives

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WELCOME

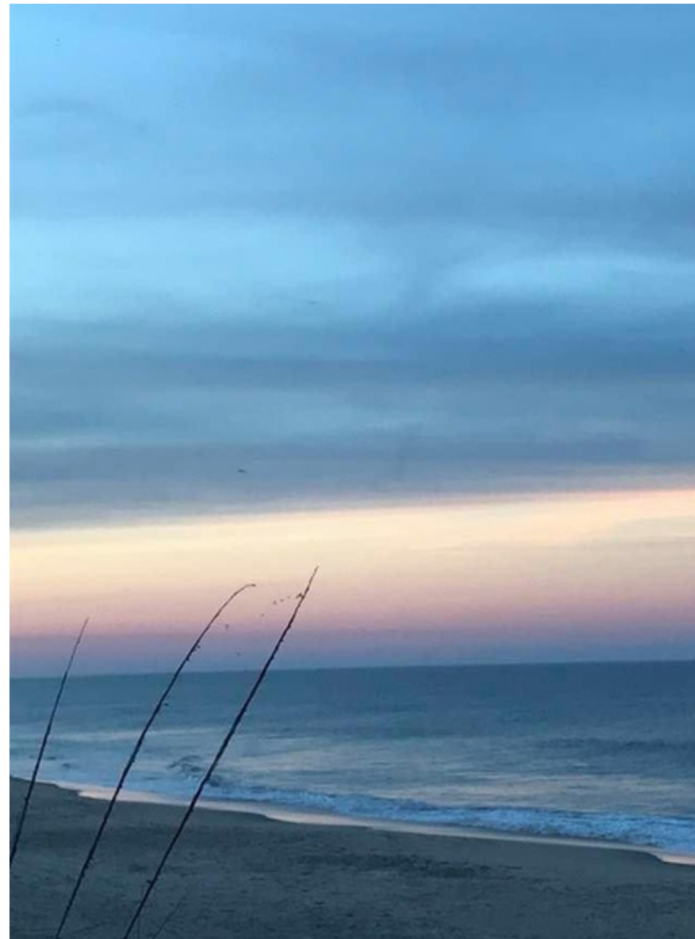
Dawn announces a fresh new day, ready for wonder to come forth. Let this journal be a space to pause, ponder, and think. How and what will you create as you walk with God? Bring your pens, paints, or music—let your imagination ride the waves of wonder. Your creativity is God’s gift to you and is also your gift back to Him and the world He made.

Suggested usage: 10–15 minutes daily, or a few times per week

When we walk along the edge of the ocean, its vast horizon invites the imagination to engage. The deep blue waves roll in, ebb, and then roll out again. White sand shifts under our feet—soft and pliable, full of possibility. An osprey soars overhead, searching for food from the sea below. Sanderlings scurry along the shore, finding tidbits to nibble on. What feeds your creativity? What hampers it?

As Christian creatives, we may find a heavy load of expectations, past failures, or “what ifs” washing up on the shores of our minds. Discouragement overwhelms, doesn’t it? Yet God’s Word reminds us that every day offers an opportunity to start anew.

What are you hoping for in your creative life? If you’re stepping into a new writing project, a new adventure of learning a craft this year, or even starting a new chapter of life, mindset shifts can help you ride the waves of new beginnings with grit, grace, and hope.



Perfection versus Process

Shift from “I must get it perfect” to “I’m being faithful in the process.”

Perfectionism is a tide that can pull even the most seasoned writer under. Yet the Bible doesn’t call us to perfection; it calls us to faithfulness. Colossians 3:23 says, “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”

Creative Exercise:

Instead of obsessing over every sentence or brushstroke, start with the act itself. Write a paragraph, sketch a line, or hum a melody—then leave it alone for a bit. Faithfulness often shows up in the small, consistent acts of creation.

Reflection Prompt:

- How it felt to release perfection...
- A small wave of inspiration I noticed...
- What trips me up as I try to stay present in the creative process?

Impossible versus Possible

Shift from “I can’t” to “With God, I can.”

Blank pages stare at us like endless sand dunes we must climb before we reach the refreshing ocean. How daunting! Philippians 4:13 encourages us, “I can do all things through Christ who strengthens me.”

When self-doubt creeps in, imagine creativity as your colorful sailboat. While the ocean breeze may not always blow the way you want, be assured that God remains your steady current and can move you farther than you can imagine.

Creative Exercise:

Step outside this week. Visit the park, a nearby lake or beach, or your backyard. Look up at the sky and stretch as you take several deep breaths. Without censoring yourself, jot down on a piece of paper “What I feel called by God to create this year.” Carry on a conversation with God and let it spill onto your journal pages or sketchbook.

Reflection Prompt:

- One fear I release to God today...
- Ways I feel His strength as I create...
- A new idea I want to explore...

Angst versus Acceptance

Shift from “I have to control everything” to “I’m open to God’s timing.”

Like the ocean, our creative projects have rhythms. Expect high tides of inspiration and low tides of waiting. Instead of forcing ideas or schedules, take a slow walk along the shore and enjoy the gentle lapping of the waves. Remember that some things unfold in their own time, and that’s okay. Ecclesiastes 3:1 reminds us: “There is a time for everything, and a season for every activity under the heavens.”

Creative Exercise:

This week, pick a project to simply ponder. Let the ideas marinate for a day or two. Relax into your creative rhythm. While you wait, engage in sensory activities that help you notice textures, sounds, and smells. How do these invite you to explore new recipes for creativity?

Reflection Prompt:

- What I remember about times when I waited for things to unfold...
- Patience changes my perspective...
- Ideas that are bubbling up while I wait...

Defined by Productivity versus Defined by Identity from God

Shift from “I am defined by what I produce” to “I am God’s beloved first.”

As creatives, we often tie our identity to our output. Yet our worth isn’t measured by how much we create, how many sales we make, or how many followers we have. Our worth begins with being God’s beloved daughters and sons. From that anchored identity, we create freely and playfully as an offering of His love to the world. When we get tangled up in our minds, it helps to remember Psalm 139:14: “I praise you because I am fearfully and wonderfully made.”

Creative Exercise:

Spend time making something that offers worship to God. Build a sandcastle and decorate it with seashells. Let it be a way to thank God for His creativity at the shore. Create a rock path through the snow to a quiet nook at the corner of the yard. As you watch birds hunt for food in the cold of winter, recall how God provides for them and for you. Craft a poem, a song, or a painting as an act of worship.

Reflection Prompt:

- How it felt to create without expectation of productivity...
- Offering my creative energy to God in worship shifted me in these ways ...
- Creative joy I want to carry forward...

Alone versus Together

Shift from “I’m starting alone” to “I’m walking with God.”

Throughout our creative life, we often work solo, yet we are always working in tandem with God, who adores us. We co-create with God Himself. Isaiah 41:10 says, “Do not fear, for I am with you; do not be dismayed, for I am your God.” Every word written, every stroke of the paintbrush, every creative moment takes place arm-in-arm with the Creator Himself. Pay attention to His whispers, cheering you on and guiding you along.

Raise a pen or a paintbrush full of cheer to new beginnings.

What does the salty breeze feel like on your face? What’s it like to be barefoot in the sand, catching the gentle spray of waves? How do you hear God in the whisper of falling snow? What happens when you are more consciously aware of God as you create? Stay curious. Let new sensations remind you: fresh starts are meant to be experienced, not feared.

Reflection Prompts:

- What new beginnings will I embrace with God in this season?
- How can I create from a place of belovedness rather than from a place of seeking approval?
- How can I offer small creative moments as worship to God this week?
- How is my creativity a window into God’s heart and imagination?
- What creative habit do I want to cultivate in this season?
- Create a prayer to pray regularly over my creative life.
- Add time on the calendar to playfully engage with my creativity.



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Lane delights in the creative invitations of the wild, winsome, and wondrous Trinity as a spiritual director. With the heart of a teacher and the joy of an encourager, she savors her directees while holding space for both lament and delight.

An experienced listener, Lane holds a certificate in Christian Formation and Soul Care from Denver Seminary and has trained in the Spiritual Exercises of St. Ignatius. She treasures time with her husband, children, and grandchildren, savoring laughter, dark chocolate, fresh raspberries, and barefoot walks on the beach. Her favorite sound is the heartbeat of her heavenly Father.



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