

EVERYDAY *Creativity*



PROMPTS, ACTIVITIES, AND FAITH-FILLED
PRACTICES TO CULTIVATE YOUR GIFTS



Jena Holliday

Creator of Spoonful of Faith

Everyday Creativity

PROMPTS, ACTIVITIES, AND FAITH-FILLED
PRACTICES TO CULTIVATE YOUR GIFTS

Jena Holliday

Creator of Spoonful of Faith



All Scripture quotations, unless otherwise indicated, are taken from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers.

Used by permission. All rights reserved. Scripture quotations marked (NKJV) are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson.

Used by permission. All rights reserved. Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved. Scripture quotations marked (RSV) are taken from the Revised Standard Version of the Bible, copyright © 1946, 1952, and 1971 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved worldwide.

An Ink & Willow Trade Paperback Original

Copyright © 2025 by Jena Holliday

Penguin Random House values and supports copyright. Copyright fuels creativity, encourages diverse voices, promotes free speech, and creates a vibrant culture. Thank you for buying an authorized edition of this book and for complying with copyright laws by not reproducing, scanning, or distributing any part of it in any form without permission. You are supporting writers and allowing Penguin Random House to continue to publish books for every reader. Please note that no part of this book may be used or reproduced in any manner for the purpose of training artificial intelligence technologies or systems.

All rights reserved. Published in the United States by Ink & Willow, an imprint of Random House, a division of Penguin Random House LLC.

INK & WILLOW and colophon are registered trademarks of Penguin Random House LLC.

Interior illustrations: iStock.com: tomograf (pages 6–11, 30–31, 60–61, 94–95, 101, 116–17, 139); amtitus (pages 40–41); Wachiwit (pages 11, 24, 48, 31, 61, 95, 117, 127)

Trade Paperback ISBN 978-0-593-58149-0

Printed in China

inkandwillow.com

10 9 8 7 6 5 4 3 2 1

Book design by Allison Chi

For details on special quantity discounts for bulk purchases, contact specialmarketscms@penguinrandomhouse.com.



Made
to
Create



do not
despise
small
beginnings

Zechariah 4:10, NLT

Contents

Introduction 6

PART 1

Self-Discovery 11

PART 2

Overcoming Fear
& Creative Blocks 31

PART 3

Starting Your Practice 61

PART 4

Using What You Have 95

PART 5

Connecting & Sharing
Your Message 117

Your Journey Continues 139

Bibliography 143

Introduction

I've been doodling faces in the margins of notebooks and scribbling words on anything I could get my hands on since I was young. I can't remember a time when I didn't journal. Journaling was a home for my thoughts, dreams, fears, and prayers. As well as everything in between. Around two years ago, after searching far and wide for the perfect journal for a creative spirit like myself, I finally decided I would just make my own. I went to the local craft store, bought a sketchbook, and made a journal.

What I needed was a safe space to store inspiration. A mood board, if you will, that I could open each day to follow the trail of what I placed there last and then keep going. Sometimes I needed it to be a guide—where I could build out creative goals and challenges that would help me move toward the next step. Some days I needed it to help me go deeper into my thoughts, ask the hard questions, and offer my prayers and, at times, tears to God.

I crafted a tool that took my raw ideas and thoughts and organized them in a way that made sense to my creative brain. A journal that pushed me from ideation to execution. And best of all? I built a place that helped me believe God could use all the parts of me, including my creativity, for His glory. And now, I offer this tool to you!

Maybe you've started believing the lie that you aren't creative. Or maybe you feel that what you have to offer isn't enough. Maybe you've always doubted that what God gave you could be used in a way that encourages those around you. Beloved, God gave you gifts, and He wants you to use them! Because your Creator knows that when you take practical steps to honor your creative gift, you glorify Him and shine His light to those around you.



Everyday Creativity will help you nurture your God-given creativity. And not in the hustle-and-grind kind of way that exhausts your soul or seeks accolades. Rather, this tool will encourage you to create from a place that feels free, authentic, faith-led, inspired, and intrinsically motivated.

This journal is a sidekick for your creative journey. You'll walk through a five-part guide that brings your creative ideas to life. If the road gets hard or you feel stuck, no pressure—you have the freedom to put it down (or pick it up) when you need to. When you're ready, there are prompts to help you get out of your head and back to action. There are also blank slates to brain dump, draw, or create whatever you want. On your journey, you'll find space for mood boards, goal setting, creative challenges, and reflection. Take your time making space for new thoughts and ideas to emerge. Ultimately, you'll forge a path through the creative process with resources and challenges to keep you engaged along the way.

Beloved, I hope, like me, you find encouragement and motivation to create within these pages. May you be propelled forward as your God-given creativity blooms and flourishes. And may you discover more of your gifts and use them in confident and joyful worship of the Creator.

Look over the creative map to get a glimpse of where we are headed through the journey of these pages. The prayer after the map will also help put you in the right mindset.



Creative Map

Using
What You
Have



Connecting
& Sharing
Your Message



Start
over

Starting
Your
Practice



Overcoming
Fear & Creative
Blocks



Self-
Discovery



Start
Here

Dear Lord,

I pray over every heart that uses this journal and desires to use their gifts well. I ask that You empower our hearts with a fire and motivation to create and use our gifts to honor what you've given us. Help us to establish new rhythms and beliefs that keep us consistent in this work and not giving up. Bless the work of our hands and remind us that we do this with You right by our side. I ask that the tools and resources shared throughout this journal be helpful and beneficial to those who take action.

Amen





Self- Discovery

Self-discovery is a powerful part of your creative journey. When you get real about what makes you who you are, then you'll begin to understand how your past has shaped what you make and how you create. In this section, you'll explore more of your history, your personality, your habits, and your ideas and beliefs around creativity. Stay open and honest through the process. I have no doubt you'll learn something interesting about yourself along the way!



All About You

Take a trip down memory lane to honor your creative story. Respond to the questions that follow—go at your own pace. With each answer, reflect on how your unique journey has shaped your creative process, and remember how you fell in love with creating.

How old were you when you first started using your creative gifts?

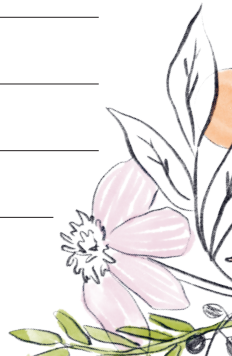
Share a childhood story where you made or created something.

Who was the first person to encourage your creativity?

What is the best or most memorable thing you have ever created?

What are some of your favorite traits about yourself?

Make a list of things that you feel come easy or natural to you.

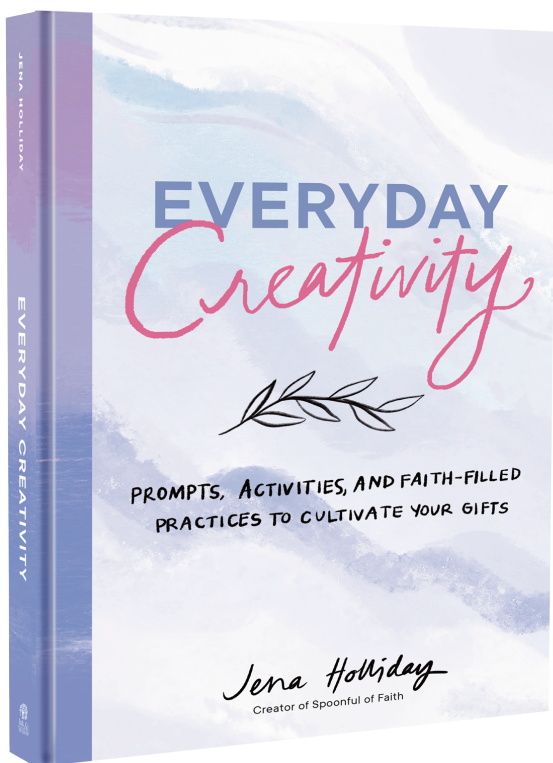


For you formed
my inward parts;
you knitted me together
in my mother's womb.

I praise you, for I am
fearfully and
wonderfully made.

Wonderful are your works;
my soul knows it very
well.

Psalm 139:13-14



Order Today!

BUY NOW

