



Photography Activities & Quick Tips

The earth is the Lord's, and everything in it... (Psalm 24:1)

CREATIVITY IS ABOUT LEARNING TO PLAY

Photography is a form of creativity that encourages us to slow down and notice God's holy imprint everywhere, in everything, and in everyone. It draws our hearts into gratitude and our souls into worship.

It's easy to feel intimidated by equipment and embarrassed about what we don't know. Thankfully, creativity isn't about perfection—it's about learning to play, seeing the world differently, and expressing our unique vision.

WABI-SABI • A UNIQUE PHOTO ACTIVITY

Wabi-Sabi is a Japanese word, which describes the beauty found in things that are imperfect, impermanent, or incomplete—beauty that is humble and often unseen.

Wabi is about recognizing beauty in unconventional ways. *Sabi* refers to the way all things grow, age, and decay, revealing a beauty hidden beneath the surface. Illness and pain can cause us to feel broken and incomplete, yet there is beauty written into our DNA by the creator of the world.

For this challenge, look for things like:

- rusted metal
- a broken light bulb
- frayed clothing
- peeling paint
- a broken necklace
- dying flowers
- chipped glass
- a decaying tree trunk
- old tools
- scuffed shoes
- a tattered quilt
- weeds in a garden

Take a series of 30 photos then reflect on the experience.

- How did my vision of beauty change?
- What did I learn about myself?
- How did my perception of imperfect, broken, or incomplete objects change?
- How did this activity change the way I look at illness and pain?
- How did my photography change?

Visit chronic-joy.org for more resources.



A SERIES OF SELFIES

Take one selfie a day for 30 days. Take them at different times of the day or at the same time each day. Both will reveal something unique. Selfies can highlight our insecurities, but they can also teach us more about who we are and whose we are.

At the end of the series, ask yourself:

- What did I notice?
- What surprises me?
- Does illness or pain show in the images? How do I feel about that?
- What emotions do I feel when I look at the images?
- Did I grow more (or less) comfortable throughout the challenge?
- What would I want others to notice?
- How does God see me?

6 PHOTOGRAPHY QUICK TIPS

1. **SLOW DOWN.** Photography is the art of *writing with light*. Light is the gentle art of observing, watching, noticing, and being fully present.
2. **OBSERVE THE LIGHT.** How does it enhance or overshadow the subject? Does it saturate or diminish color? How does the light change from different angles or orientations? Notice how it catches in your subject's eyes.
3. **PLAY WITH LINES.** Straightening horizon lines will instantly improve your photos. Leading lines (straight, curved, horizontal, vertical, or diagonal—think, roads, rivers, fences, tree lines, edges of buildings, or people) create a visual path to the subject, adding depth and dynamic movement.
4. **FRAMING:** Our eyes can selectively focus, but a camera cannot, so what we see and capture can be different. Where does your subject look best in the frame? Shift the frame higher, lower, left, or right. What changes? How does the image change if you take a few steps forward or back?
5. **KIND OF CAMERA:** Most of us have a cellphone camera with us all the time, and the quality of those cameras is continuously improving. So whether it's a phone, DSLR, mirror-less, or film camera, the best camera is the one you already have.
6. **ALL FOR GOD'S GLORY:** Immerse yourself in the wonder of God's creation. Let your photography tell stories of awe, hope, courage, and resilience. God is not only a matchless creator but also a loving and caring sustainer.

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