

Just Name It

By Chip Borgstadt



creativecommons.org/licenses/by/2.0/

Naming things is so important that the writers of the creation poem in Genesis connect the practice to human companionship. As we name those things around us, we can find new depth in relationships also.

For
Adult, Couple

Season

Fall

Needed

Bible, Name It Chart worksheet (see last page), pen, openness to reflecting on your life

Prepare in Advance

Make a copy of the Name It Chart worksheet for each person.

Activity Plan

1. Start by praying aloud:

God of our every moment, give us wisdom and awareness of the blessings around us every day. Amen.

2. Read aloud the account of creation in Genesis 2:4-23 from your Bible, or use the text at the end of this Activity Plan. Discuss: *What was Adam looking for as he named all the animals? What change happened in him when woman was created?* Reflect on this creation poem as you work on naming things in your life this week.
3. Starting on Monday morning at about 9:00, take a few notes on who you are with, what happens, and how you feel. Do this for a fifteen-minute time period. Write your notes on the Just Name It Chart worksheet. When you have time to reflect on your day, name the most significant thing that happened in that time period and why it was a blessing to you. In other words, how did what occurred help you to grow in relationship with another person or with God, or to help you better understand yourself?
4. Each day during the week, take notes for a fifteen-minute time period. You may change the time periods suggested. They are randomized to give a cross section of your day.
5. At the end of the week, review your notes and the significant events and blessings you identified. What patterns do you notice? Are there any events you might think of differently as you consider those patterns? What are some different ways you could understand the significant events in your day? What blessings do you want to share with others?



Genesis 2:4-23

⁴These are the generations of the heavens and the earth when they were created, in the day that the Lord God made the earth and the heavens.

⁵When no bush of the field was yet in the land and no small plant of the field had yet sprung up—for the Lord God had not caused it to rain on the land, and there was no man to work the ground, ⁶and a mist was going up from the land and was watering the whole face of the ground— ⁷then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. ⁸And the Lord God planted a garden in Eden, in the east, and there he put the man whom he had formed. ⁹And out of the ground the Lord God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

¹⁰A river flowed out of Eden to water the garden, and there it divided and became four rivers. ¹¹The name of the first is the Pishon. It is the one that flowed around the whole land of Havilah, where there is gold. ¹²And the gold of that land is good; bdellium and onyx stone are there. ¹³The name of the second river is the Gihon. It is the one that flowed around the whole land of Cush. ¹⁴And the name of the third river is the Tigris, which flows east of Assyria. And the fourth river is the Euphrates.

¹⁵The Lord God took the man and put him in the garden of Eden to work it and keep it. ¹⁶And the Lord God commanded the man, saying, “You may surely eat of every tree of the garden, ¹⁷but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”

¹⁸Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.” ¹⁹Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. ²⁰The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. ²¹So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. ²²And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. ²³Then the man said,

“This at last is bone of my bones
and flesh of my flesh;
she shall be called Woman,
because she was taken out of Man.”



Just Name It Chart

Day/ Suggested Time	Notes <ul style="list-style-type: none"> • <i>Who were you with?</i> • <i>What happened?</i> • <i>How did you feel?</i> 	Significant Event (Name It)	Blessing
Monday 9:00 a.m.– 9:15 a.m.			
Tuesday 11:00 a.m.– 11:15 a.m.			
Wednesday 12:00 p.m.– 12:15 p.m.			
Thursday 2:00 p.m.– 2:15 p.m.			
Friday 5:00 p.m.– 5:15 p.m.			
Saturday 7:00 p.m.– 7:15 p.m.			
Sunday 10:00 p.m.– 10:15 p.m.			

