Breaking Writers Block - Gabe Wilson

A song needs to start with honesty, and a motivation to capture the Lord’s heart.

* They are documentations of your story with the Lord.

A writer’s block is when you can’t write a song that you can connect to.

Causes of writer’s block

* Busyness - will cause you to not have time to write, and then you grow out of touch with your heart.
* Not writing enough - songwriting is a muscle that needs to be exercised.
* Struggles - when you don’t want to look at your emotions, you can’t express your heart
* Motivation - if your motivation is to write a hit, then it will be a struggle.
* Comparison - either to other people, or to your prior accomplishments.

Morning Pages - 30 minute exercise.

* Get a “journal of power” - a journal you love and connect with
* Buy a pen that feels great in your hand.
* Dedicate the journal to the Lord
* In the morning, wake up before anyone else in your house, and before you ever say a word or a prayer, write three pages in your journal.

Take yourself on an “artist date”

* Go alone to a place that inspires you, and let yourself be filled.
* Typically writers who have a block are depleted and trying to write from an empty cup.

If you want to face the block, lean into the catalyst.

* Lean into the hard moments in your life.
* Confront the thing in your heart that you are afraid of

Silence “The Inner Critic”

* Everyone has a critic and it always has a face - either a person who hurts you with their criticism, or someone you respect.
* The inner critic is really satan himself telling you to stop worshipping in the disguise of someone who has influence in your life.
* Listen to the Holy Spirits LEADING, instead of listening to the critic who is telling you to stop.
* Tell the inner critic who you are and who you are called to be and to be silent, and press through.

Turn off the agenda of writing a song.

* Just worship. Just sing. Just express your heart to the Lord.