

# *Creatively Process*

## ART JOURNAL

Art journaling. Journaling + art = what a winning combination.

Visually I loved the look! But little did I realize the greatest benefit, the best treasure came as I prayerfully processed while putting each page together.

I start with an idea. One thing the Lord is teaching me. Then ask him to give me a picture portraying this (and if drawing is involved I'm crying out desperately for the ability to depict what comes to mind!).

And as I work with different materials scrap booking remnants, glue, colored pencils and pens, watercolors, acrylics, ink, old magazines, pictures, its amazing to see not only how the picture is taking shape but how I am better learning what He is teaching me!



I'm not an artist, so for me starting is always an act of faith. That's why I get so excited when a page comes together. I know I'm experiencing the Lord helping me do what I can never do. And often in the middle I'm wondering if anything good at all will ever come of this. But without fail... God spoke through a donkey! And time after time I experience Him meeting me as I do this.

Be honest with the Lord if you're feeling hesitant. Ask for His help.

God is a creator. We were created in His image. That means ALL of us have been created to create. Maybe not to create great works of art. To be honest, great artists often struggle to do this. Art can be work and it can be hard to turn off that side of the brain to be more available to listen. In our weakness, God's strength really is made evident. It can impact us deep in the soul when we create. That's one reason I believe the enemy goes all out to shut us down when we are younger and make us think unless we're a Rembrandt being creative isn't for us. That's not true. Take back the ground he's robbed you of and may your soul flourish and you experience much joy in the Lord as you do this.

If you'd like, you can hear me share more on a video here: [A Heart That Perseveres part 4 Creatively Listening To God.mp4](#)

THE GOAL: Create a hope-full page that summarizes or captures the key treasure the Lord blessed you with as you learned about developing a heart that perseveres.

MATERIALS NEEDED:\*

Magazines,

Scissors,

markers,

pens,

a glue stick,

blank paper to glue your creation onto

crayons,

stickers,

stamps.

\*NOTE: You can do this as simply as you'd like, even using regular notebook paper and a bic pen, and it will still be impactful.

INSTRUCTIONS:

1. CREATE Your Backdrop: You can either use heavy paper or glue multiple sheets of regular paper together. It helps to have a substantial background to hold the weight of the images. I find mixed media paper or cardstock works best for this. You can even use black paper as a basis. What color would you like your background to be? This can help pull your creation together.

2. **SELECT** images and words: Start with the picture you selected at the beginning or select a new one that connects with a key thing that stood out to you during your time together. Look for images or words you can add.
3. **TEAR** or **CUT OUT** the images and words you selected from the magazine. Even the way you cut the picture can add to the creativity.
4. **PLAY** with the **ARRANGEMENT** of the images and words on your background page.
5. **WRITE** in the spaces around the pictures and images, what stood out to you from your time together.
6. Have fun creating a hope-full page that summarizes or captures the key treasure the Lord blessed her with during your time together. Or she might create something that brings to light how she's struggling to hope. Encourage her to listen to the Lord as she does this
7. **MISTAKES** can be opportunities to listen. Ask the Lord to help you. You might find He was at work re-directing your thinking through what you initially thought messed everything up.
8. **SHARE** your pages with each other when you are finished creating.
9. **PRAY** for each other.