

Heart Expressions

A Journey into Art Journaling



Learning to
See, Hear & Go
Deeper with
Jesus
Creatively!

Created with Love
By Deb Entsminger

The End...?
Hopefully the Beginning!!!

I so hope this booklet has given you ideas for how art journaling can be used as a means for growing in your walk with God and that you are spurred on to dive in and discover more on your own!

Please know this booklet is not exhaustive. I keep discovering new ways all the time! In fact, if you google "Youtube art journaling videos" there are tons of tutorials you can learn from. But best of all I love discovering new things as I'm playing around with different artistic mediums.

Please don't feel like every art journaling experience has to be serious or go deep. In the book Play, Stuart Brown identifies the characteristics of play - and a key one is that it's purposeless (meaning you aren't intentionally heading towards a goal) but ironically he explains there can be great purpose in doing this!

I've found this to be so true for playing with art materials. When I do, it refreshes my soul, stretches my thinking, gets me discovering new ideas and techniques I often use later. I can't recommend enough taking time to just play!

Since I started this journey four years ago art journaling has really become popular. Please know not all art journaling will help you grow in your walk with God. In some classes I've taken, the art has been so intensive I find I barely have time to think! I so hope you'll guard against this. There is so much joy awaiting when we do this with Jesus! ...for Him as well as ourselves!

May He richly bless the work of your hands!

Because of Jesus,
Deb

p.s. questions? feel free to email me at
jadseekhim@Msn.com

So whether you eat
or drink...



Whatever you do,
Do it all for the glory of God!
1 Corinthians 10:31

The Heart of Art Journaling

Each of us, hand fashioned in the image of God, was created to create! Creativity can take a variety of forms: gardening, writing, sewing, woodworking, setting a lovely table, and many more. This weekend provides an opportunity to explore art journaling.

An art journal is a journal or diary that has a strong visual element to it, an expression of your artistic creativity and imagination, not filled only with words like a traditional journal. It's a journal for using your art to express your thoughts, memories, and what the Lord is teaching you. How you create the images, and what type of imagery you make, is entirely a matter of personal choice. There are no rules. You can paint or draw, use pen and ink, photos, collage, doodle, stickers... Anything and everything.

Art journaling currently is a hot topic. If you google this, you will find tons of images and tutorials. There are even magazines and books published on this. It really is becoming quite an art form. But the focus of this booklet isn't how to create an amazing art journal, but exploring how art can serve as a tool to enhance our relationship with God.

Could it be God gave the gift of art not just for professionals, but to help His children better embrace Him and His truth at a heart level? Can it be enough to let art be a means, and not an end? A way of seeing, of processing, of listening, of learning, of worshipping, of enjoying and loving the greatest Artist of all?!

I have found as I am doing this it really is helping me experience more the abundance of life Jesus paid so dearly to make possible!



Creative Art Journaling Idea #12 Contemplative Doodling

This is my latest new treasure. There is a graphic artist in town named Shini Abraham and last month she gave a workshop at Woodmen Valley Chapel. When she was left in chronic pain following severe health problems she found it difficult to focus while praying and meditating on God's Word. Then the Lord gave her the idea to start doodling. Her doodles, while absolutely beautiful, really are rather simple by design. She found as her hands were occupied doodling it helped her to focus and enjoy sweet time with the Lord meditating on His Word even though she was in pain.

After hearing her share, I began adding more doodles to my sketches and I found, she is so right!!! It really does help! She has a Facebook page that you can easily find if you type Duco Divina into the search box and in addition to great suggestions for doing this she even has a video on there that I found so helpful to watch! And if you ever get the chance to hear her speak you are in for a HUGE blessing! She also has an excellent book filled with her doodlings and poems called Treasure in Darkness that can be purchased on her webpage. I cannot recommend going to hear her and experiencing her excellent book highly enough!

Materials needed:

Sketchbook
Black pens
Bible

Instructions:

1. Pray.
2. Select a verse to consider
3. Doodle a simple design repeatedly on a page.

Preparing Our Hearts

“The thief comes to rob, kill and destroy, but I have come that they may have life and have it to the full!”

John 10:10

I grew up in a home where my dad was an artist. In the 60's and 70's we spent our weekends traveling to art shows where my dad would compete and sell his drawings. My sister and I had a blast trading his note cards for little things that caught our fancy and selling chocolate chip cookies to his customers. At the time we had a van that was totally unpredictable – we never knew if it would start or not – so we named it Van Gogh!

So I grew up in a very creative, artistic environment but there was a lie that had been passed down generationally... “To be significant, to be of value, you have to stand out.” And I'd made a vow early on I would only do things where I could succeed. It didn't take long until I realized art wasn't one of those areas, so I focused instead on dance, drama and writing. As I grew, I drew less and less and became increasingly embarrassed when I did.

It's only been in the past few years I've been “rediscovering” art. And I have to admit it's very humbling for me to be writing a booklet on anything related to art at all. I have so many gifted friends who are artists! I could never create the beauty they do! In truth, I've had people look at my art journal and respond, “Um... that's nice.”

You see, I'm not an artist. Not in the traditional sense. No one is lining up to purchase anything I create. For me, art isn't even about inspiring others, but it has been playing a key role in my walk with God, helping me hear from Him, process what I'm learning and remember the key things He's teaching me. It's also providing a way to share with others

DIY Illustrated Bible

the treasures he's giving me. In a very real and life changing way it is helping me experience more of that abundance of life Jesus came to give as it's facilitating truth that's been in my head for years, truly being embraced in the depths of my heart. Healing from old wounds is taking place and I'm being better equipped to fight the enemy in battle. Small wonder the enemy tried so hard to rob me of this gift for so many years by making me think it was a realm best left to the professionals, my pride and shame shutting me out from it.

And from what I've seen, I'm not the only one he's sought to rob. Truly this robbery happens to both artists and non-artists alike. For artists, it can be through people pleasing, focusing on art as business (eg., what sells), or even letting art be detached from one's walk with God. 1 Corinthians 10:31 says, "So whether you eat or drink or whatever you do, do it all for the glory of God." It can be so easy to use the gifts God gives to promote ourselves or even to seek to find our identity in them.

"My life has value and meaning as long as _____"
If you insert "I create quality art" or "My art is valued and admired or purchased by others" in there, according to Tim Keller, that's an idol. That's true for anything we insert in there other than Jesus.

I've seen this so many times... gifted artists looking to their art, to what they create to give their life value. Feeling on top of the world when they win an award, are asked to exhibit or sales of their work are high, but down in the dumps when they don't win or no one wants to see or buy anything.

Now I am incredibly thankful for professional artists and their work! As you'll see in here under Museum Meditations my soul is so nourished by the time I spend at Museums and Galleries focusing on one piece of art and listening to what the Lord wants to say to me through it! Top quality art that's been done beautifully and excellently has a key role to play in advancing God's Kingdom, but what this booklet focuses on is

I love to read through the Bible each year. I find it really helps God's Word to dwell in me richly. After doing this for 18 years I often find obscure verses I haven't even memorized will come to mind right when I need them. One year I thought it'd be fun to illustrate what I was reading – note: I didn't do this every day! – but on the days I did it was amazing how much more I observed... and remembered!

Materials needed:

Bound Blank Book or ESV Journaling Bible
Colored pencils

Instructions:

1. When having a quiet time, doing your daily Bible reading or doing Bible study, take note when something "jumps" off the page at you!
2. Pray – asking the Lord to guide your hands as you seek to illustrate what stood out to you - either to remember what He'd laid on your heart about this or to ponder it more creatively. Ask Him to open your eyes to see even more wonderful things in His Word as you do so!
3. Draw what you just read! (note – this doesn't have to be a work of art!!! Even if you just do a one minute quick sketch of the key thing that stood out to you, you will be amazed at how much better you remember what you read, and even the new treasures that come to mind as you do this!)

Word Art: Highlighting Key Scriptures

Have you ever had a hard time remembering in the afternoon what you read in your quiet time that morning? I have found when I take time to do a little Word art, decoratively drawing the key verse I focused on in my quiet time, how it tends to stick with me! I don't do this every day, but on Sundays I love to flip back through the previous week's quiet time and select the one verse that impacted my life the most and put it in my Word Art Journal. Even now, flipping through its pages I can recall those special times with the Lord that happened years ago!

Materials needed:

Bound Blank Book
Colored Pens

Instructions:

1. Pray – asking the Lord to give you some creative ideas for embellishing and even incorporating the thoughts from your quiet time into your Word Art.
2. Go back through your quiet time journal and select a key verse that really impacted you.
3. Use colored pens to creatively write the verse on a page in your Bound blank book or Bible. (If the markers you have bleed through only write on one side of the page. I purchased Zig Writer markers and these don't bleed through - even if I draw/color directly on the pages in my ESV Journaling Bible! They are wonderful to use!)
4. Have fun embellishing and decorating your verse! Now some art journalists use paint so extensively it obscures the text. Personally I don't like that at all. I want to always be able to read God's word and find I can still be creative without impairing the readability of Scripture.

isn't how to create an amazing art journal, but exploring how art can serve as a tool to enhance our relationship with God regardless of how gifted (or not!) one is artistically.

It's so easy for a shift to occur and get off focus... and miss out! I experienced this first hand last year during our sabbatical. For the past 13 years I've been writing weekly "Entsminger Adventures" that share with our prayer team what's happening in our lives. But when we went on sabbatical... well, there weren't as many interesting stories and yet people still wanted to know what we were doing.

When a former student came to visit she helped me create a blog so I could put the pictures from my art journal online along with explanations of what the Lord was teaching me. What a blessing that was as it proved a great way to share what we were learning.

But then I started noticing, the reality that I'd be posting the picture started to influence the process of making them. I was more hesitant – afraid of making mistakes and felt stilted even in my processing – did I really want the world reading that?! So I stopped posting and what a huge help it's been! I'm not saying I'll never post again – but I really was amazed at the impact it made... and how I was being robbed!

Can it be enough to let art be a means, and not an end? A way of seeing, of processing, of listening, of learning, of worshipping, of enjoying and loving the greatest artist of all?!

I was out walking recently while it was snowing and as I watched snowflake after snowflake fall onto the asphalt and melt I was amazed at God's extravagant creativity. Each of those snowflakes is a work of art. But most of them will never be seen let alone be appreciated by anyone else. Yet

there is purpose in all He does! May we follow in the footsteps of our Creator as He directs for His glory!

Are there ways the enemy has tried to rob you of art or even through art?

What role does art play in your life?

How do you feel about creating something where the primary goal isn't to create something but to draw closer to Jesus?

Creative Art Journaling Idea #9 Bible Study Summary

For the final week of a Bible study
This can really help people process a final overview
And encourage deeper application
of what they've been studying

Materials needed:

Photo book from the Dollar Store (one per person)
3X5 blank index cards
Colored markers, crayons or pencils

Instructions:

1. Pray – asking the Lord to speak to your heart during this time, guiding you as you seek to process what you've been learning on an even deeper level and asking Him to give you wisdom so you can truly live out in your life what you've taken in from His Word.
2. Go back through the Bible study and select one key thing you learned from each chapter
3. Record each lesson on a 3X5 card, drawing a picture to illustrate.
4. Insert each 3X5 card into the photo album, starting on the second page
5. Once you've done this for every chapter of the study, review your cards and identify the main theme the Lord's been teaching you
6. On another blank index card write down this theme as your title illustrating it. Then place this card in the first page.

It is amazing how much I can recall of Bible studies after I've done this ~ and how much more impactful the study ends up being in my life!

Creative Art Journaling Idea #8 Art Gallery Meditation

Great to do by yourself as a creative way
to enjoy eXtended Time Alone With God!

Materials needed:

Art Gallery or Museum

Sketchpad

Charcoal pencil or pen

Colored Pencils (though not all museums allow)

Instructions:

1. Go to a museum or an art gallery
2. Pray – asking the Lord to guide you to one work of art that He wants you to focus on and then give you ears to hear what He wants to say to you through it.
3. Take out your sketchpad and draw what you see – it’s amazing how much more can be seen when you are drawing something.
4. Dialogue with the Lord as you are drawing, sharing with Him what you are observing, asking Him whatever questions come to mind.
5. Then take time to write down the thoughts that come to mind.

Fun fact: The last time I was at Colorado College’s Fine Arts Center a docent informed me the average person spends 3 seconds looking at each work of art! I usually camp out for two hours in front of one work when I’m doing this. So trust me if you do this, you will stand out. But what’s really neat ~ this often creates great opportunities to share with people as curiosity gets them initiating!!!

Healing the HeART Scars

*“You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,
that my heart may sing your praises and not be silent.
LORD, my God, I will praise you forever.”*

Psalm 30:11-12

Living in a broken, fallen world, no one gets by without being hurt and wounded. Does the enemy ever love to use such times of pain to whisper lies enticing us to believe them... lies that ultimately inflict further damage even if we don’t know they are there.

Can it ever help to take time at the start of this journey to ask the Lord to bring to light anything that might hinder you from moving forward with art journaling - whether it’s lies “I can’t do this!” “I’m no good at this!” or “I’ve got this!” so you’re relying on yourself, focusing on the art rather than on Jesus they sure can get in the way!

Here’s an idea adapted from one Brene Brown includes in her online art journaling course that accompanies her book [The Gifts of Imperfection](#). Get a bunch of bandaids and colored markers. Bind the enemy in Jesus’ name from interfering at all during this time, then take the Lord up on his promise in Jeremiah 33:3, “Call to me and I will answer you and tell you great and hidden things you do not know.” You see, Jesus has been with you your whole life. He knows your heart better than you know it yourself! Ask him to bring to mind any wounds or lies that might hinder you from embracing art journaling as a way of growing closer with Jesus.

Then on a page in your journal, write down whatever He brings to mind and ask Him what truth would He like to give you in place of this lie. Write that truth on a bandaid, then place the bandaid on top of the lie. Come back and review this page as often as needed!

I love the idea of using Band-aids for this, because they protect as we heal. This isn’t a one time, boom, you’re fixed deal! No, you need to remember what Jesus tells you and that’s why art journaling this can be so helpful (really this is true for any healing prayer you do!). You need access to that truth to keep fighting the enemy. The sword of the Spirit is a key part of our spiritual armor! You want to remember whatever Jesus tells you so you can use it in battle!

Ways I've Utilized & Benefited from Art Journaling



1. To remember key things the Lord is teaching me.
2. To process and figure out what's going on in my heart (especially during times of confusion, trauma or intense emotions)
3. To help discover concatenations (a series of interconnected events, concepts, etc.)
4. To aid in Bible study and also to help review and apply at the end of a study
5. To connect with others on a deeper level
6. To help focus while meditating
7. To actively listen to what the Lord wants to tell me (Museum)
8. To increase my awareness of the Lord's presence and steadfast love for me (The Love Project)
9. To savor and appreciate even more what the Lord has done for us (Easter Stations of the Cross Art Show)
10. To help truth move from my head to truly being embraced in the depths of my heart.
11. To play! To have fun! This can be so healing and refreshing to my soul! With true play you aren't intentionally creating anything, just having fun with materials! Many times the Lord does speak to my heart through this but that's not the initial goal, just a welcomed bonus when it happens!



Creative Art Journaling Idea #7 XTAWG Concatenations

Each week I love to go on a creative date with Jesus. I set aside four hours, pack my Bible, XTAWG (eXtended Time Alone With God) sketchbook, and black pens, hop on my bike and head out for an adventure. I often have no idea where I'm going but He is always so faithful to lead me ~ Jesus really is the best date ever!

Materials needed:

Sketchbook
Black pens
Bible
Bible Reading Plan

Instructions:

1. Pray – asking the Lord to guide your journey, helping you follow and listen to Him well!
2. I bike until we come to a park, cafe, church, hospital or library
3. I stop and read a chapter of the Bible,
4. Sketch what stands out to me & then head off to the next location.
5. I usually read ten chapters in ten different places during this time using Professor Horner's Bible reading plan (he wrote it to be used daily – but I'm on the 7 year plan! ;0) It provides great structure! I never have to wonder where to turn to next! And it is amazing how Scripture will speak to Scripture! Just google "Professor Horner's Bible Reading Plan" and multiple sites featuring this that you can download and print will come up. NOTE: you don't have to use this plan, any Bible reading plan works!
6. I like to draw ten boxes on one page – one for each chapter – so at the end of the day I can easily get a great overview and identify the Lord's theme for the day! I can't recommend this highly enough!

p.s. biking is optional! ;0)

Art Journaling Tips



Always start with prayer! (James 1:5, Jeremiah 33:3) And then continue with prayer! This is not a solitary venture – enjoy co-creating with the Lord throughout the process!

2. Don't be afraid to try something new! In fact, be active in seeking out new ideas!!! (eg., Somerset Magazine, art galleries, google "art journaling" and you will find a ton of resources! And new ideas!!!)
3. When starting to use a new technique, break up a page into smaller boxes – this way it's not as intimidating!
4. Realize the materials you use can help or hinder the process. I love using Prismacolor pencils – their colors are so rich! But I find I process freer with less expensive watercolors – I'm not as concerned with wasting them or making mistakes!
5. Consider mistakes as opportunities to take your work in a different direction –don't be dismayed, incorporate them into your work! The Lord may use your mistakes to lead you into something even better!
6. Don't feel like you have to know where you're going or what you're doing when you start! Just dive in prayerfully. Many times I've found the Lord uses the process to reveal what's going on in my heart
7. Remember – "It's only just a page!" (quote from Linda Sagastume who teaches Art Journaling classes at Colorado College's Fine Arts Center)
8. Don't be too focused on the final result. Remember it's not about the finished product, but the process!
9. And definitely don't create to impress someone else. Instead, as you create, work at it with all your heart, as working for the Lord and not for man!
10. Give thanks to the Lord after – celebrating Him & His recent gift to you!

Creative Art Journaling Idea #1 Getting To Know You!

What if God wrote Genesis 1 not primarily to explain how everything started but instead to introduce Himself and to let us know who He is – it is the start of the book in which He is the main character! What if rather than just provide a list of attributes, “Hi! I’m God. I’m omnipotent, detailed, gifted in organizing, wise...” He decided to let us see Him in action starting everything!

If you ever have time it’s fascinating to go through that first chapter circling all the verbs and consider what you can learn about God from this “picture” of Him. I’ve done this with friends who didn’t know the Lord and it really was amazing what they observed and how they got to know Him through doing this.

That old saying, “A picture is worth a thousand words.” Is so true! Even when meeting people for the first time, I’ve found I can learn so much more about them when there is a picture involved!

Here is a great activity to use at the start of new Bible studies as well as at the start of women’s retreats to help people connect.

Materials needed:

one Martha Stewart Living magazine per person

Instructions:

1. Pray – asking the Lord to help you find a picture that truly will communicate what’s on your heart.
2. Then flip through a Martha Stewart Living magazine until you find a picture that illustrates your life right now.
3. Share with the rest of the group how this picture represents you.

Creative Art Journaling Idea #6 The Love Project

“Whoever is wise let him heed these things
and ponder the loving deeds of the Lord.

Psalm 107:43

Recently I was reading a book by a Christian psychologist who shared when his clients were in touch with the love of the Lord they were better able to process through traumatic events so he began asking them at the start of each session to ask the Lord to bring to mind memories of times they felt loved. And I thought, “What a great idea for everyone!!!” so I decided to start the Love Project – taking time each day to create a quick watercolor recreating a time when I felt loved by the Lord.

As the board over my desk began to fill, it was amazing the difference it made in my outlook! With just a glance immediately a host of memories from when I actively experienced the Lord’s love for me came flooding back. And you know it didn’t matter how well painted they were, but just having that visual reminder was huge!

Materials needed:

Water Color paper
Watercolors
Brush
Tape
Black pen

Instructions:

1. Pray – asking the Lord to remind you of a time when you vividly experienced His love and asking Him to give you power to grasp even more fully the incredible dimensions of His love for you as you create this page.
2. Completely wet the watercolor paper and then tape down the corners (this will keep the paper from curling as it dries)
3. Paint away! The more water you use, the more transparent the color will be that you apply.
4. A black pen can add a lot to your painting and really help with outlining letters or even adding whatever writing you want.

Creative Art Journaling Idea #5 Contemplating & Celebrating

This past Easter on Good Friday I biked to a church down town that was featuring an art show on the Passion of Christ. Various artists in town featured creations that tied in with the stations of the Cross. Pulling out my sketch pad and black pens I was blessed with an incredible time considering what the Lord did for me. Those 5 hours were truly life changing!

Many churches, especially Catholic ones, have a place where they feature the Stations of the Cross - this works great too!

Materials needed:

Sketchbook
Black pens
Bible

Instructions:

1. Pray – asking the Lord to speak to your heart and help you digest what you are taking in, in a way that moves truth from your head into your heart.
2. Sometimes I would draw a replica of the piece I was looking at, noticing even more the treasures it contained. Sometimes I'd just draw a portion, other times something completely different.
3. At each station I would read the portion of scripture that tied in with it ~ sometimes my drawing would be based on this.
4. I did not feel like I needed to spend equal time on everything but really sought to follow the Lord's lead in this.
5. I have never experienced a more special and impactful Good Friday! I can't wait to try this at Christmas!

Creative Art Journaling Idea #2 Try Something New!

To be creative, I find I need a constant input of new ideas and exposure to the work of others. Otherwise it's so easy to get stale! And there's nothing like trying a new artistic medium to get new ideas flowing. It can be such a blessing to get a group together and set up different stations offering the opportunity to explore art journaling with a variety of mediums – people don't have to do all of them! They can just stay at one table! Or may even find it fun to combine different mediums in your picture! (Like I LOVE the combination of watercolors and markers! But you can also make some great textured prints and then take some scrapbooking paper and cut them up and combine them! :0)

Station Suggestions:

Pastels, Watercolors, Colored Pencils, Stamps
Gelli plate Printing, Scrapbooking Paper, Colored Markers

Instructions:

1. Pray – asking the Lord to bless your time creating!
2. Ask people to take time to ponder Galatians 6:4-5 from The Message (see the next page for the format I give)
3. Dive in! Create an art journal page in response to your time meditating on Galatians 6:4-5.
4. It can help to provide on each table visual suggestions demonstrating what can be done using these materials for art journaling. Encourage participants to ask questions and learn from each other! :0)
5. Remember the goal is to learn, explore and have fun while further meditating on God's Word and further processing what He is saying to you! NOT to create an impressive work of art!!
6. Share your creations with each other! (Don't compare! Enjoy!) It's amazing the ideas you can get as you experiment together!

Creative Art Journaling Idea #2 (continued) Enjoying Time with Jesus!

LOOK: *Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life. Galatians 6:4-5*

LISTEN: (underline in the verse above whatever stands out to you, then take time to write out a dialogue with the Lord about this. Ask Him questions, write down whatever thoughts come to mind)

LIVE IT OUT: (what do you think the Lord wants you to do in response to this? write that down here.)

Creative Art Journaling Idea #4 Art Journaling to Process Emotions

As an extreme feeler according to the Myers Briggs Type Indicator there are times when I am feeling things so intensely it's hard for me to think and figure out why! During such times I have found it so helpful to grab a magazine, start cutting out whatever catches my attention, then play with arranging what I have until a picture emerges. And amazingly, in the process, as I'm crying out to the Lord, He really does guide my time and not only reveal what's going on inside but also speaks words of truth that truly do calm my heart and bring peace.

Paint can also be a powerful way of processing emotions. Assign emotions or meaning to each paint color: eg., Black - despair, yellow - happy or red - the blood of Jesus, green- symbol of growth.

Materials needed:

Art Journal
Base page
Magazine
Scrapbooking paper
Colored Pencils, markers
Glue
Watercolors...

Instructions:

1. Pray – asking the Lord to guide your hands and speak to your heart as you create this page.
2. Dive in!

(Tips on previous page apply here too! :0)

Creative Art Journaling Idea #3

Art Journaling To Remember

During our sabbatical I wanted a way to remember what the Lord was teaching me. Now I'm an extensive journaler and I have horrendous handwriting – so I really don't enjoy going back through my journal and re-reading my notes! Hence the start of my official art journal! Whenever I found myself learning something I wanted to remember I would create a page in my art journal. It was amazing how this helped me process the lesson even further, and I love going back and praying through this! I still do this today!

Materials needed:

Blank Journal
Scrapbooking paper
Colored Pencils, markers
Glue
Watercolors
Magazine pictures
(um... skies the limit here! :0)

Instructions:

1. Pray – asking the Lord to guide your hands and speak to your heart as you create this page.
2. Dive in!

Nourishing Our Hearts

In the following verses circle the verb designating what we are commanded to do and underline what it refers to?

Exodus 20:8 "Remember the Sabbath day, to keep it holy.

1 Chronicles 16:12 Remember the wondrous works that he has done, his miracles and the judgments he uttered, (also Psalm 105:5)

1 Chronicles 16:15 Remember his covenant forever, the word that he commanded, for a thousand generations,

Isaiah 46:9 remember the former things of old; for I am God, and there is no other; I am God, and there is none like me,

Malachi 4:4 "Remember the law of my servant Moses, the statutes and rules that I commanded him at Horeb for all Israel.

Mark 8:18 Having eyes do you not see, and having ears do you not hear? And do you not remember?

John 15:20 Remember the word that I said to you: 'A servant is not greater than his master.' If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours.

Galatians 2:10 Only, they asked us to remember the poor, the very thing I was eager to do.

Ephesians 2:11 [One in Christ] Therefore remember that at one time you Gentiles in the flesh, called "the uncircumcision" by what is called the circumcision, which is made in the flesh by hands- remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world.

2 Timothy 2:8 Remember Jesus Christ, risen from the dead, the offspring of David, as preached in my gospel,

Hebrews 13:3 Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.

Hebrews 13:7 Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith.

2 Peter 3:2 that you should remember the predictions of the holy prophets and the commandment of the Lord and Savior through your apostles,

Jude 1:17 [A Call to Persevere] But you must remember, beloved, the predictions of the apostles of our Lord Jesus Christ.

Revelation 2:5 Remember therefore from where you have fallen; repent, and do the works you did at first. If not, I will come to you and remove your lampstand from its place, unless you repent.

Revelation 3:3 Remember, then, what you received and heard. Keep it, and repent. If you will not wake up, I will come like a thief, and you will not know at what hour I will come against you.

Remember...

The word "remember" occurs 162 times in the Bible. Obviously this is a big deal! But here's what I find fascinating – the very first time it's mentioned is when God tells Noah he's never again going to flood the whole earth.

God says,

"I will remember my covenant which is between me and you and every living creature of all flesh. And the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." Genesis 9:15-16

If God uses a visual picture to remember, how much more do we?!

What are some things it would be beneficial for you to remember? List them below:

How might art journaling help you remember what you need to?

(If you'd like to see more examples of ways God creatively encourages people to remember check out: Numbers 15:39-40 and Deuteronomy 16:3)