

Soul ART - Project #4 "Trust Means Letting Go"

Steps:

1. Print out Project page on laser printer or photocopier.
2. Gesso base if using cardboard or paper. Let dry.
3. Mod Podge assorted papers onto base. Let dry. White wash with gesso if desired to mute patterns. Let dry.
4. Choose napkin motifs to create with. Carefully peel off bottom layers. Using a damp paintbrush, outline the motif and gently tear to fray edges.
5. Take one of remaining napkin layers and crumple in your fist taking time to "sit with" the symbolism of your hopes, dreams, plans, etc. being crumpled.
6. Apply napkin motifs and crumpled layer to your base. Let dry.
7. Paint background. Apply texture paste (use stencil if available).
8. Take another layer of napkin and trace the words that resonate with you (ideally use a thin sharpie). "Cut" them out with a wet paintbrush to fray edges. Cut out phrases that you wish to include. Attach to canvas.
9. Do final touches of outlining, shading, splattering, darkening the edges, dripping paint, etc.
10. Sign your name. Your name is special and has great meaning and worth to those who love you and to God.

Prayer
Gratitude
Love
Trust
Hope
Peace
Rest
Be Still

You are afraid to let go because you don't want to lose control.

But you never had control. All you had was fear. Come to me, all you who are weary and burdened, and I will give you rest. Matt. 11:28
If you look at the world, you will be distressed. If you look within, you will be depressed. If you look at God, you will be at REST.

For I am the Lord your God who takes hold of your right hand and says to you, "Do not fear; I will help you". Isaiah 41:13 She was powerful, not because she wasn't scared, but because she kept going despite the fear.

Trusting God in the storm is the perfect picture of peace. It's OK to freak out. But just visit there, don't pack a suitcase to live there. Trials are exercises to develop your TRUST muscles.

God said, "Be still and know", not "Freak out and question everything." TRUST is the war cry in the middle of the battle. You will keep in perfect PEACE all who TRUST in You, all whose thoughts are fixed on You. Isaiah 26:3 TRUST means letting go and letting God take your hand.

May the God of HOPE fill you with all JOY and PEACE as you TRUST in Him. Romans 15:13 At my lowest, God is my HOPE. At my darkest, God is my LIGHT. At my weakest, God is my STRENGTH. At my saddest, God is my COMFORTER. Jesus take the wheel!