

Soul ART - Project #3

"Love is Always the Answer"

Steps:

1. Print out Project page, play soothing music, (I play worship music), light a candle in a safe spot near you.
2. Take some time to make a list of people that come to mind who could use some love, kindness and encouragement. Make another list of ways you can show love, kindness and encouragement in a practical manner.
4. Commit to doing at least 3 things from your list this week.
5. Take photos and share on the Soul ART Facebook Page under Project #3.

OPTIONAL:

- create your own Soul Book out of cardboard to do future projects in
- create homemade texture paste for future projects

Homemade Texture Paste Recipe

½ cup of baking soda
3 tablespoons of white glue
2 tablespoons of white paint

"So many live their lives feeling unloved, unseen, unrecognized, unappreciated. So very many. You may not know who they are because we are all conditioned to hide our truth below a bushel of shame. But they are everywhere. When you make an effort to share your love, you don't always know where it will land. But be sure that it does. Sometimes it lights a torch for others to follow. Sometimes it gives them reason to believe that there is a better life waiting for them after a lifetime of disappointment. Sometimes it builds spirits and sometimes it actually saves lives. We just have to keep giving the love wherever and whenever we can. You never know how far it will travel." Love it Forward by Jeff Brown

Love is patient. Love is kind. I Cor. 13



HEARTFELT THANKS

THINKING OF YOU

HEARTFELT THANKS

THINKING OF YOU

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You're a SUPER HERO

DOCTOR

Is Another Word for Hero

NURSE

Is Another Word for Hero

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