

# Soul ART - Project #2

## “Attitude of Gratitude”

### Steps:

1. Print out Project page on laser printer or photocopier. Inkjet ink may run. Prepare your work space. Cover table, play soothing music (I play worship music) and gather supplies and your “Soul ART” collection of items.
2. Light a candle to remind you to search for the LIGHT. Using a sharpie, fill the page with things you are thankful for. Repeat if necessary until the page is full. Record your favourite 10-15 ones.
3. Do a thin layer of gesso over top of the entire base. Let dry.
4. Cut out the cloud. Cut out a slightly larger one from tin foil. Glue together with foil showing at top of cloud.
5. Cut out the group of petals. On dry base, draw a circle for the flower center, then trace petals onto base (flipping around to add variety).
6. Create sun in top corner of base (can use texture paste if you have it).
7. PLAY: paint/colour background, sun, flower, attach cloud.
8. Attach words, phrases, quotes, verses using Mod Podge/Gel medium. Be sure to incorporate some of your personal gratitude list onto your project.
9. Finishing touches: shading, edging, splattering, etc.
10. Sign name... remember your name is precious <3

Seeking the Silver Lining  
Contemplate/discuss with family to see if you can come up with any positives to the following:

- stuck at home
- children at home
- parents working from home
- food shortages (and TP)
- extra time on our hands
- only contact through technology
- loss of jobs
- loved ones getting sick/people dying
- government leaders
- online schooling
- a messy house
- all travel suspended

Practice an attitude of gratitude. Seek the silver lining. Be mindful.  
Be transformed by the renewing of your mind. Romans 12:2 Be intentional.  
What you focus on grows. Turn towards the LIGHT. Be the LIGHT.  
We can choose to control what we focus on during trials. Choose positive.  
There is no light without contrast of the dark. Light defeats darkness.  
Believe in the light, that you may become children of light. John 12:36  
Set your minds on things above, not on earthly things. Colossians 3:2  
Negative experiences can help you better appreciate the positives in life.  
Whatever is true, whatever is noble, whatever is right, whatever is pure,  
whatever is lovely, whatever is admirable—if anything is excellent or  
praiseworthy—think about such things. Philippians 4:8  
For it is you who lights my lamp; the Lord my God lightens my darkness.  
Psalm 18:28 I choose gratitude. I choose to grow.  
Family Home Friends Job Health Safety Food  
Clothing Safety Canada Freedom Education  
Money Joy Peace Love Humour Faith Hope  
God Jesus Light  
Art Music

