

Soul ART - Project #1

"Transform your worry to Hope!"

Steps:

1. Print out Project page on laser printer or photocopier. Inkjet ink will 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. Gesso base if using cardboard or paper. This protects the surface from absorbing too much moisture when creating. Let dry.
3. Write your prayer using the prompts. Read it outloud. Crumple the paper tight in your fists. Release when ready. Pray, meditate and listen for God's response.
4. Using your prayer paper and other papers, napkins, tissues, etc. create a background on your base adhering with Mod Podge.
5. Attach butterfly (you may colour first or colour later) and other images.
6. Water down some gesso and apply a thin layer over top. Let dry.
7. Add colours with crayons, paints, or any mediums you have. Play. Take your time. Meditate on the hope. Choose a mantra that you repeat whenever you feel the worry and fear seep in.
8. Attach the words, verses, quotes that resonate with you or create your own. You can use sharpies or paint pens to add more words.
9. Final touches are outlining, shading, splattering, darkening the edges.
10. Sign your name. Your name is special and has great meaning and worth to those who love you and to God.

Dear God,
I am worried about...
I feel...
My greatest fear is...
I trust you but...
Please protect...
I want to believe but...
I need...
Please help me to...
I know that...
Thank you for...
Your daughter/son... sign name

God is in control. Help me to believe. I will trust in You.
My HOPE is in You. Not my will but Yours. Thank You Jesus.
Perfect love casts out fear. Fear loses it's power in the light.
Prayer changes everything. I believe. Help my unbelief.
Hope and fear cannot occupy the same space. Invite one
to stay. Maya Angelou There is power in prayer.
Pray the worry away. This too shall pass. Love will win.
Trust. Hope. Love. Peace. Breathe. Serve. Give.
Don't be anxious about
anything, instead pray about
everything with thanksgiving.
And the peace that passes
understanding will guard your
heart and mind in Jesus. Phil. 4:6-7
Nothing good comes from worry.
Do not be anxious about your
life... consider the birds...
how much more valuable are
you then they? Luke 12:22-25
Trust in the LORD with all
your heart and do not lean on
your own understanding. Proverbs 3:5

