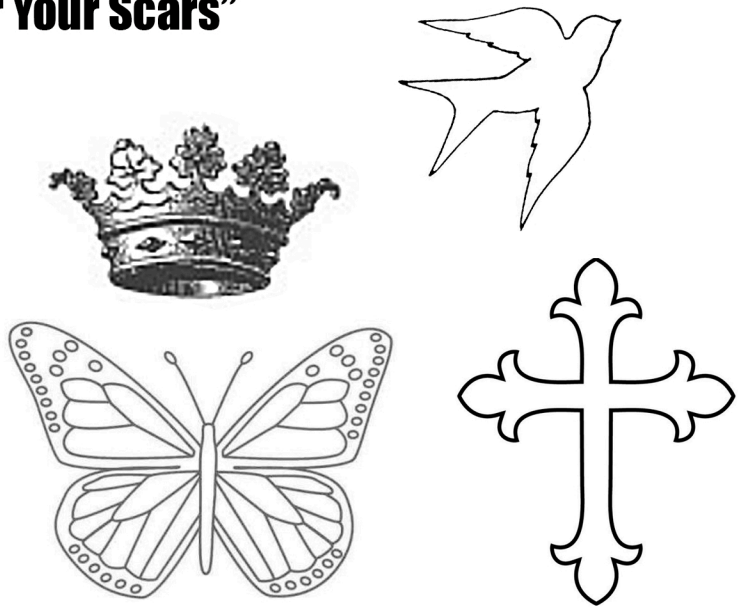


Soul ART with Allison Orthner "Honor Your Scars"

Steps:

1. Prepare work surface, gather supplies and print PDF. Cover base with white gesso BEFORE class and let dry.
2. Write words, doodle, etc. on base.
3. Adhere scraps of paper, tissue, napkins to cover base. Dry.
4. Do a whitewash of watered down gesso. Dry.
5. Paint white/light colours for the "growth" and "share" part of your base. Paint the bottom "wounds" section with darker colours. Dry.
6. Cut a heart out of your red paper. Embellish with torn pieces of papers, tissues, etc. Add a small tear down the middle of the heart and curl and edges back. Add scars if desired.
7. Select napkins (flowers, music, butterflies, etc.) for the growth. Layer and create your vision of growth coming out of the heart.
8. Add some extra colours, stenciling, stamping if desired.
9. Cut out quotes that resonate with you and attach. Add optional shading/thinned paint to blend them in. Final finishing touches.
10. Sign your name.



Every wound leaves a scar, but every scar tells a story. I survived.
I am strong. I am still standing. Scars are a testimony to a battle
you survived. Don't let the scar be the end of the story. In this world
you will have trouble. John 16:33 Healing takes time and intention.
You have to feel it to heal it. Scars are evidence of healing. He heals
the brokenhearted and binds up their wounds. Psalm 147:3 I am not broken.
I'm breaking through. I will restore you to health and heal your wounds.
Jeremiah 30:17 God is in the business of making beauty from ashes.
Great growth comes through great pain. Your scars don't define you.
God, I called to you for help, and you healed me. Psalm 30:2 Those who
hope in the Lord will renew their strength. Isaiah 40:31 Choose to grow.
I can be hurting, healing and growing at the same time. By his wounds
we are healed. Isaiah 53:5 Let your light shine so bright that others can
see their way out of the dark. Helping another with a similar wound
helps to heal you both. Suffering produces perseverance; perseverance,
character; and character, hope. Romans 5:3 I waited patiently for the Lord;
He turned to me and heard my cry. He lifted me out of the slimy pit, He
set my feet on a rock and gave me a firm place to stand. He put a new
song in my mouth, a hymn of praise to our God. Psalm 40:1-3 I'm thankful
for the scars. Looking back from the other side, I can see now with
open eyes. I'm not who I was before. My wounds are a story God can use.