



Morning Expressions

Isaiah 33:6

"And He will be the stability of your times,
a wealth of salvation, wisdom, and knowledge."

SUPPLIES: Any kind of paper, or a spiral mixed media pad or watercolor pad to use for your Morning Expressions Art Journal

Acrylic paints, craft paints or watercolor, or may use colored pencils, pastels, markers, whatever you have

Jar of water to rinse brush, rag to wipe your hands or paper towel

VIDEO: <https://youtu.be/2g1PoKlaU-g>

GUIDE:

- You may want to turn on some soft instrumental or worshipful music while you work or you may prefer silence
- Relax. Take some deep breaths and relax your shoulders. Quiet your mind . Ask Holy Spirit to speak to you through the scripture today.
- Express whatever problem, difficulty, or fear that you have right now. Select colors that express it. feel it and express tht by how you apply the paint, make shapes or marks etc. this can be abstract
- Release all that emotion now. Say the Scripture out loud. Draw a shape or an object that represents stability to you, A rock or high place etc. It does not need to be a real thing. Paint it in the color the best represents it
- Draw yourself in that safe place. This can be a shape like a circle or a dot or a stick figure or a mark of some sort. Paint yourself in the color of "you".
- Meditate on the truth that God has a wealth, an abundance of salvation (sozo= body, soul, & spirit healing/wholeness), wisdom and knowledge . There is no situation that He does not have knowledge of or creative solution for, and He has all wisdom. Ask Him.
- Represent an abundance of salvation, wisdom and knowledge coming to you. You may or may not want to use words.
- Add the scripture reference on your expression, or write out the scripture on your expression, and/or journal on the back of the page what God spoke to you during this meditation and what you expressed, what you were feeling and or thinking.
- Thank God for His love and care for you and that He is your stability during this time. He is your salvation. He is your wisdom. He is your knowledge. He is with you in this time of your life.
- Share your Morning Expression on Jane Cook Create Facebook page if you would like.
- Comment about your experience on my website page:
<https://www.janecookcreate.com/morning-expressions/>
to share together with others.