



# Morning Expressions

## Psalm 148

**SUPPLIES:** Any kind of paper, or a spiral mixed media pad or watercolor pad to use for your Morning Expressions Art Journal Today we are using a square piece of paper. Markers, colored pencils, or crayons

**VIDEO:** <https://youtu.be/y-hegPU3Wgo>

**GUIDE:**

- Relax. Take some deep breaths and relax your shoulders. Quiet your mind . Ask Holy Spirit to speak to you through the scripture today.
- Speak the Bible Verse out loud. Think about what it means. Be grateful and thankful. Let praise to God rise up inside of you.
- Start in the center of your paper. Write "God" in the center.
- As you go through each verse about all the things that praise the Lord, draw a picture of the thing or a symbol of it, around the center making a pattern. Then make another circle of pattern as you go from verse to verse.
- You may want to write Psalm 148 on the back or print off the scripture and glue it on the back.
- 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. I would LOVE to see what you are doing!



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## Psalm 148

1 Praise the Lord.

Praise the Lord from the heavens; praise him in the heights above.

2 Praise him, all his angels; praise him, all his heavenly hosts.

3 Praise him, sun and moon; praise him, all you shining stars.

4 Praise him, you highest heavens and you waters above the skies.

5 Let them praise the name of the Lord, for at his command they were created,

6 and he established them for ever and ever— he issued a decree that will never pass away.

7 Praise the Lord from the earth, you great sea creatures and all ocean depths,

8 lightning and hail, snow and clouds, stormy winds that do his bidding,

9 you mountains and all hills, fruit trees and all cedars,

10 wild animals and all cattle, small creatures and flying birds,

11 kings of the earth and all nations, you princes and all rulers on earth,

12 young men and women, old men and children.

13 Let them praise the name of the Lord, for his name alone is exalted; his splendor is above the earth and the heavens.

14 And he has raised up for his people a horn, the praise of all his faithful servants, of Israel, the people close to his heart.

Praise the Lord.