



Morning Expressions

"When I am afraid, I will put my trust in You." Psalm 56:3

SUPPLIES: Any kind of paper, or a spiral mixed media pad or watercolor pad to use for your Morning Expressions Art Journal
Black sharpie marker or other marker
Colored pencils, crayons, or paint

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

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.
- Speak the Bible Verse out loud. Think about what it means. Realize that no matter what or when you are afraid, God is with you. Trust in Him. He will help you. He will give you peace.
- Think about a time that you were afraid. How did you feel? Close your eyes and move the marker how you felt when you were afraid on the left side of the paper.
- Now speak the Bible Verse again. Think of how much God loves you. Think about how much bigger He is than your fear. Think about how God brings peace and security and protection to you. Breathe and feel how peace feels.
- Now put your marker where the fear left off, close your eyes and move your marker the way peace feels on the right side of the page.
- Open your eyes. What colors would express fear? Color some of the shapes that you drew describing fear. What colors express peace? Color some of the shapes and design that you drew for peace.
- Write the Bible verse on your visual expression on the front or on the back. You could also cut out the letters from a magazine or out of colored paper. You could also print them off and cut them out from this pdf.

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.