



# Morning Expressions

## Lamentations 3:22-23

"The faithful love of the Lord never ends!  
His mercies never cease. Great is His faithfulness;  
His mercies begin afresh each morning."

**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. Magazines, scrapbook papers, matte or gel medium to collage, or glue stick, picture of yourself with hands raised, or person from a magazine, or cut from paper. Jar of water to rinse brush, rag to wipe your hands or paper towel

**VIDEO:** <https://youtu.be/icdaoqBr7jg>

### 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.
- Tear or cut out pictures and colors from a magazine or of your own photos that remind you of morning. Tear or cut out papers, scrapbook papers etc. in colors of morning.
- Collage your papers onto your paper.
- Choose some colors of paint that represent morning to you. Paint onto your paper. Use your fingers, an expired/used gift card, or brush.
- Take a photo of yourself with arms out embracing the new morning or find a pic in a magazine or cut out a silhouette of a person. Leave as is or paint and glue to page.
- Paint a place to put your words. Choose to write, stamp, sticker, type and then cut out and glue onto the page.
- I added words at the bottom after I turned off the camera of my praise and prayer to God.
- Add the scripture reference: Lamentations 3:22-23
- Speak the scripture out loud to yourself. What does it mean to you? What are you thankful for that is new today? Speak out the scripture directly to God. Think on the scripture. Sit and listen. What is God speaking to you? What is new for you today?
- 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.