



# *Your Guided Journey:*

FAITH ART JOURNALING  
FOR THE CREATIVELY INSECURE



## The Creative Toolkit

[www.artnsoulcafe.com](http://www.artnsoulcafe.com)

# Course Modules

## 01

### **YOU DON'T HAVE TO BE AN ARTIST (TO WORSHIP CREATIVELY)**

- Welcome and Course Overview
- Creativity is Part of Your Spiritual DNA
- Common Lies We Believe (About Art and Our Worthiness)
- Reflection – “I Am His Workmanship” (Eph 2:10)
- A Peek Inside My Simple Faith Art Journal

## 02

### **CLEARING THE FEAR AND GETTING STARTED**

- What Supplies Do You REALLY Need?
- Choosing Your Journal or Bible
- Overcoming Perfectionism: Making Peace with the Mess
- Starting Small: The Power of a Scribble
- Reflection: “He Restores My Soul” (Ps 23:3)

## 03

### **SIMPLE TECHNIQUES THAT BUILD CONFIDENCE**

- Creating Backgrounds with Minimal Supplies
- Layering with Scripture and Words
- Using Color to Express Emotion and Prayer
- Stamps, Washi, and Collage: It's Okay to Play
- Reflection: “Fearfully and Wonderfully Made” (Ps 139:14)

## 04

### **CONNECTING SCRIPTURE & YOUR CREATIVITY**

- How to Choose a Verse or Devotional Theme
- Meditating Through Art: Let the Word Lead
- Using Journaling Prompts to Spark Meaningful Pages
- Guided Project: Your First Faith Art Page
- Reflection: “Your Word is a Lamp” (Ps 119:105)

## 05

### **BUILDING A GRACE-FILLED CREATIVE PRACTICE**

- How to Make Journaling a Spiritual Habit
- When You Miss a Day (Or a Week...or a Month)
- Sharing or Keeping It Private--You Decide
- Building a Faithful Creative Life (withJoy!)
- Final Project: “My Testimony in Color and Words”



# *Toolkit Contents*

## *01*

### **YOU DON'T HAVE TO BE AN ARTIST (TO WORSHIP CREATIVELY)**

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- Let the Word Lead Journaling Activity
- Warm Up to Art Coloring Activity
- Lies vs. Truth
- Defining the Lies Personal Inventory
- Warm-Up: Background Paper
- Extra Credit: Back It Up With Scripture

## *02*

### **CLEARING THE FEAR AND GETTING STARTED**

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- Journal Options
- Extra Credit: Crafting Your Own Art Journal
- Permission to Make a Mess Certificate
- Guided Prompt: "He Restores My Soul" (Psalm 23:3)

## *03*

### **SIMPLE TECHNIQUES THAT BUILD CONFIDENCE**

- Color Symbolism Chart
- Washi + Collage Play Prompt Cards
- Guided Prompt: "Fearfully and Wonderfully Made" (Ps 139:14)

## *04*

### **CONNECTING SCRIPTURE & YOUR CREATIVITY**

- 5 Ways to Pick a Verse for Journaling
- Meditation Questions for Any Verse
- Guided Prompt: "Your Word is a Lamp" (Ps 119:105)
- Creative Flow Roadmap for Faith Art Journaling

## *05*

### **BUILDING A GRACE-FILLED CREATIVE PRACTICE**

- Habit Builder Worksheet
- Faith Art Journaling Tracker
- "You're Not Behind"
- Guided Prompt: "He Who Began A Work In You" (Phil 1:6)
- Next Steps...

# Welcome to the Course

Welcome, Friend! I'm so glad you're here.

This *Guided Journey: Faith Art Journaling for the Creatively Insecure* (what a mouthful!) is for anyone who has ever thought, "I wish I could experience a deeper sense of worship, a deeper, more personal relationship with God than what I have."

What if worship, showing reverence and love to God, is possible through art? Worship involves the body, mind, and soul. As it so happens, art does too.

Oh, but you say, "I wish I could be creative like that--but I'm **just not an artist.**" By the way, that term, "artist," is one we won't be using. Our goal is not to make us artists, but to lead us into worship.

Here's the truth. You don't need to be an artist to create something beautiful for God! He loves you. He accepts all of you. And when we worship God based on His Word, when we acknowledge Him first, He is pleased.

This course will guide you step-by-step into a practice of worship through art journaling. You'll learn simple techniques, discover new ways to reflect on Scripture, and create pieces of your heart on paper that pleases our Heavenly Father.

By the end of our time together, you'll have:

👏 A few finished journal pages you'll feel good about

🎨 A growing sense of creative freedom

✝️ A deeper connection with the Lord through art and worship

Please reach out to me whenever you have questions or feel my directions are not clear. My desire is for you to find the joy faith art journaling has given me and how richly God blesses those who seek Him in worship.

With love and excitement for what lies ahead,

Marilyn

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[myartandsoulcafe@gmail.com](mailto:myartandsoulcafe@gmail.com)

01

# *Module 1*

**YOU DON'T HAVE TO BE AN  
ARTIST (TO WORSHIP  
CREATIVELY)**

# Let the Word Lead

Look up the following verses and journal anything new the Holy Sprit brings to mind about your creativity. If you have a study Bible, write a comment or two from the notes that personally resonate with you.

Isaiah 64:8

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Psalms 139:14

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Ephesians 2:10

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2 Timothy 1:7

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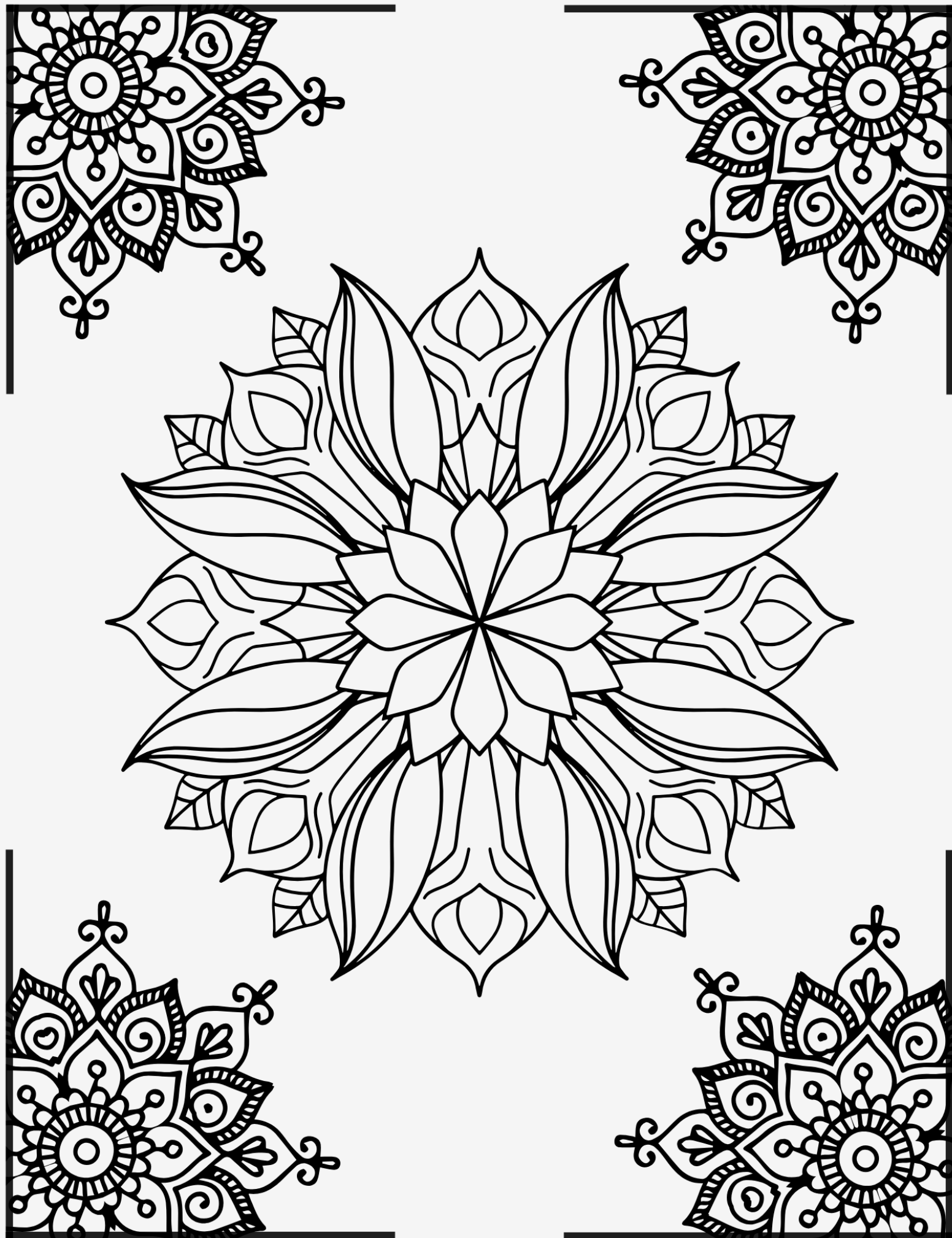
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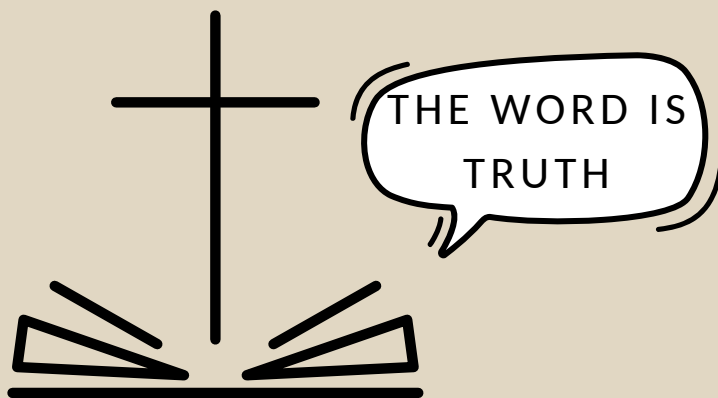
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FATHER OF LIES!



THE WORD IS TRUTH

I'm not  
Creative

You are His workmanship and designed for good works. Good works=creativity (Ephesians 2:10)

I'm not  
Good  
Enough

The Third Person of the Trinity lives in you. God doesn't inhabit junk. (1 Corinthians 3:16)

I'm not  
an "Artist"

You are a work of art not because of how artistic and creative you are, but because of how artistic and creative God is. Ditch the label! (Genesis 1:27)

I'm always  
messing up

"Rough drafts" apply to art as well as writing. Perfection is unattainable. Don't like it? Start over! The same with life. (Psalm 51:10)

Art has to look  
good to be  
"good"

Whose definition of "good" are you using? Because if it's anyone's other than God's, it's wrong. (1 Samuel 16:7)

## Defining the Lies

WHAT ARE THE LIES ABOUT MYSELF I'VE BEEN  
LED TO BELIEVE? WHAT TRUTHS DO I NEED  
TO SPEAK INSTEAD?

[illegible]





## EXTRA CREDIT

# Back It Up With Scripture

Just listening to others talk about who you are and why you should value your own creativity will not get us very far--unless it is in black and white (or in red letters) from God's Word.

List as many verses as you can that answer the following questions.

**1** What does it mean to be God's "workmanship"?

**2** From 10 (I'm 100% in), to 0 (I'm at a complete loss), where do I stand in believing God calls my creative spirit "good"? What does Jesus say about how to make changes if there is room for improvement?

**3** Even after reading (and believing) what God says about me, where do I still feel insecure? What is this thing called "grace"? Does it apply to me? How do I know for sure?

# 02

## *Module 2*

### **CLEARING THE FEAR AND GETTING STARTED**

In this second learning module, our goal is to gently begin faith art journaling. Although some of us may still feel creatively insecure, through these lessons look for ways to simplify supplies, set realistic expectations, and provide a “first win” project that builds self-confidence.



YOUR GUIDED JOURNEY:  
FAITH ART JOURNALING FOR THE CREATIVELY INSECURE



# SIMPLE SUPPLY CHECKLIST



A JOURNAL



YOUR BIBLE



ONE OR TWO PENS  
OR MARKERS



COLORED PENCILS,  
CRAYONS, OR  
WATERCOLORS\*



GLUE STICK AND  
SCISSORS



STICKERS OR  
WASHI TAPE

\*WATERCOLORS ARE OPTIONAL--



BONUS: A WILLING HEART AND QUIET  
SPACE TO CONNECT WITH GOD

[WWW.ARTNSOULCAFE.COM](http://WWW.ARTNSOULCAFE.COM)



## Journal Options

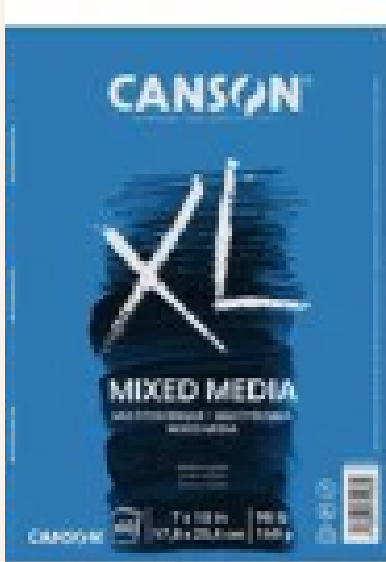


### Regular Paper Pros

- + "Use what you have"
- + Budget and beginner-friendly
- + Easily available

### Regular Paper Cons

- Will not accept wet medium without a gesso application
- Loose leaves need organization



### Mixed Media Pros

- + Accepts all kinds of medium without prep
- + Available at most stores like Walmart, Target
- + Spirally bound in a handy-dandy book

### Mixed Media Cons

- The Canson small pad (5.5 x 8.5) starts at around \$7.50 and goes up as the size increases



### Bible Journal Pros

- + Both the Scripture and art response are on the same page
- + Some include pre-drawn illustrations for coloring

### Bible Journal Cons

- The expense and process may be intimidating to beginners



# Crafting Your Own Art Journal

Measurements Included Below\*



## Cover Base

Recycle two covers from a used book that measures 6" wide x 8" long or use chip board cut to size with holes predrilled (add 3 rings).



## Paper Covers

Cut cardstock or paper for outer covers and inside covers.\* Apply adhesive and adhere. Miter inside corners. Dry.



## Choose Page Paper

Go through your stash of scrapbook paper & weed out the sheets bought but never used--be honest, we all have them.



## Cut Paper to Size

Trim the 12x12 sheets to 8x12. Fold each in half, to 6x8. Use a bone folder and sand paper to get a nice, crisp edge.



## "Signatures"

Group each folded sheet into groups of 3, or a "signature." Six signatures would take 18 sheets of paper (72 journal pages). Add holes to each signature



## Embellish the Cover

Use calendar art, textured paper, modeling paste, stencils, paint, 3D letters, stickers, ribbon--really make this journal your own!

\*Cardstock or paper for outer covers (2): 8"x10"; inside covers (2) 5.5"x 7.5"



# Embellishing The Cover

## Supplies

Arden Creative Studio--  
Vintage Maker Laser Cuts  
& Vellum Ephemera

"On The Cross" Stencil--  
Illustrated  
Faith (Discontinued)

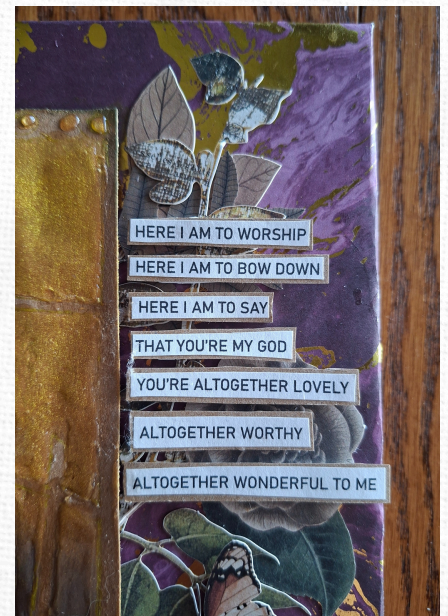
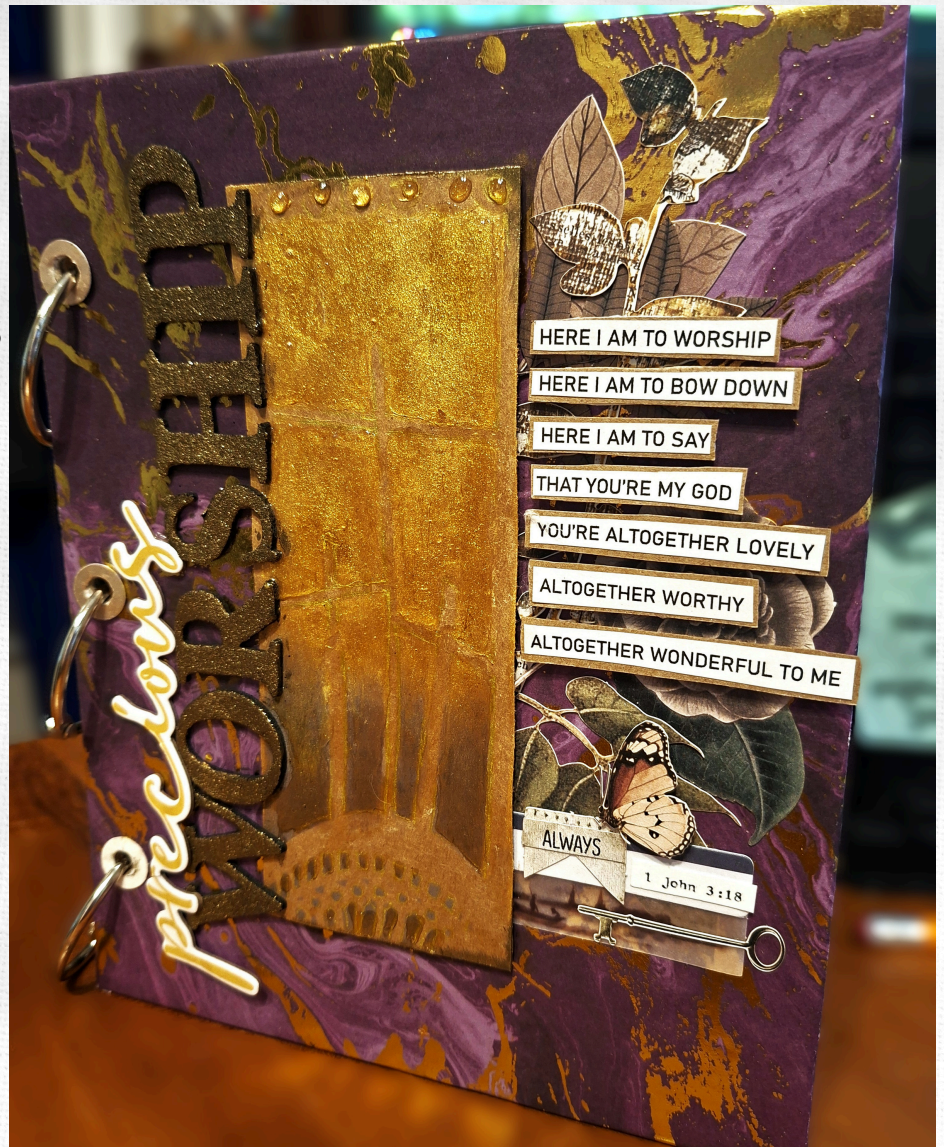
Kraft Paper

1" Adhesive Letters

Craft Smart Gold Wax  
Metallic Finish and  
Distressed Oxide

"Scorched Timber" Ink

Glossy Accents (applied  
over stenciled design)







# CERTIFICATE

## OF PERMISSION TO MAKE A MESS

*This certificate is awarded to*

.....  
YOUR NAME HERE

*granting full and joyful permission to scribble outside the lines; tear paper, spill paint, smudge ink; leave a page unfinished; express worship imperfectly; let go of comparison and fear. Believing that God meets us in our mess, this certificate acknowledges you as an imperfect yet redeemed and valued Child of God.*



.....  
Your Creative Spirit



.....  
A Loving God



PSALM 23:3 "HE RESTORES MY SOUL. HE LEADS ME IN PATHS  
OF RIGHTEOUSNESS FOR HIS NAME'S SAKE."

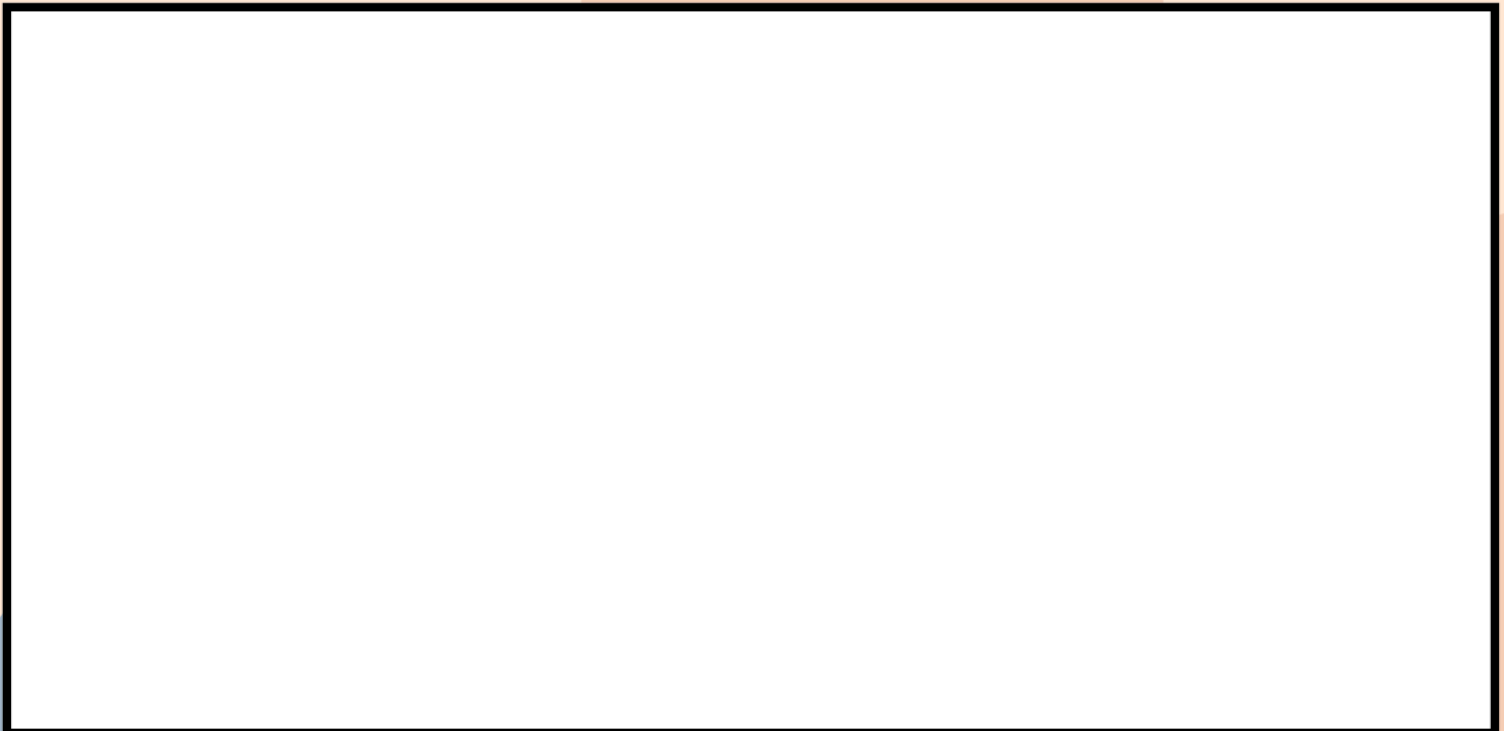
USE THE SPACE BELOW TO REFLECT, DOODLE, OR CREATE IN WHATEVER WAY  
FEELS RIGHT TO YOU. YOU CAN WRITE A PRAYER, DRAW A PICTURE, OR  
SIMPLY SIT WITH THE WORDS.

WHERE IN YOUR LIFE DO YOU NEED  
GOD'S RESTORATION RIGHT NOW?

WHAT DOES 'RESTORED' LOOK LIKE OR  
FEEL LIKE TO YOU?

HOW HAS GOD LED YOU RECENTLY?

IS THERE A WORD OR PHRASE FROM  
THIS VERSE YOU WANT TO ILLUSTRATE?

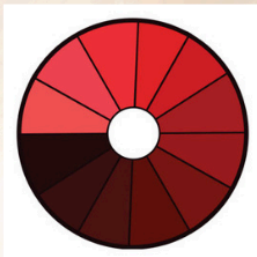


# *Module 3*

## **SIMPLE TECHNIQUES THAT BUILD CONFIDENCE**

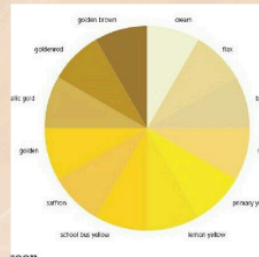
In this learning module we discover it's all about layers. Starting off with that intimidating (no matter how many years you have been on this journey) blank page, we look at tools and techniques that build the faith art journaling experience from the ground up, while still focusing on the Scriptures as our source of worship.

# Color Symbolism Chart



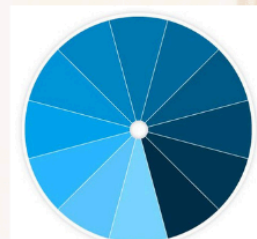
Red

Excitement, energy, passion, desire, speed, strength, power, love, aggression, danger, fire, blood, war, violence, intensity



Yellow

Joy, happiness, optimism, idealism, imagination, hope, sunshine, summer, gold, cowardice, betrayal, jealousy, covetousness, deceit



Blue

Peace, tranquility, calm, stability, harmony, unity, trust, truth, confidence, security, earth elements (sky, water), cleanliness, loyalty, depression



Orange

Energy, balance, warmth, enthusiasm, vibrance, expansive, flamboyant, demands attention



Green

Nature, environment, health, good luck, renewal, youth, vigor, spring, generosity, fertility, jealousy, envy



Purple

Royalty, spirituality, nobility, ceremony, mystery, transformation, wisdom, enlightenment, arrogance, mourning



Gray

Security, reliability, intelligence, modesty, dignity, maturity, solid, conservative, practical, old age, boring



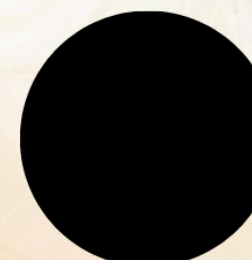
Brown

Earth, home, outdoors, reliability, comfort, endurance, stability, simplicity, comfort



White

Reverence, purity, simplicity, cleanliness, peace, humility, innocence, youth, birth, winter, sterile, marriage, cold, clinical



Black

Power, sexuality, wealth, formality, fear, evil, sin, sadness, remorse, mourning, death





## QUICK PROMPTS TO SPARK PAGE LAYERS

### Frame It

Create a border with torn washi tape edges or mismatched patterns. Frame a key phrase, Scripture, or drawing on your page.



## QUICK PROMPTS TO SPARK PAGE LAYERS

### Hidden Message

Tuck a handwritten note or private journaling under a torn paper flap.



## QUICK PROMPTS TO SPARK PAGE LAYERS

### Shape Memory

Cut washi tape or patterned paper into hearts, leaves, or circles for accents.



## QUICK PROMPTS TO SPARK PAGE LAYERS

### Texture Contrast

Combine smooth washi tape with crumpled tissue paper or fabric scraps.



## QUICK PROMPTS TO SPARK PAGE LAYERS

# Cluster Collage

Layer 3-5 small found papers in one spot.



## QUICK PROMPTS TO SPARK PAGE LAYERS

# Story Snippet

Glue down part of an old letter, recipe, or hymn that connects to your story. Run washi tape over a portion or stamp an image on it.



## QUICK PROMPTS TO SPARK PAGE LAYERS

# Stamp Over

Stamp an image or word over a layer of washi tape for texture.



## WASHI + COLLAGE PLAY CARDS

### *Quick Prompts to Spark Your Page Layouts*

A quick, inspirational reference for added texture, depth, and story to your page with simple layers. There's no perfect placement. Just keep layering until that inner creative voice says to stop. Start anywhere—mix, match, and have fun. Print on cardstock and add to a journal pocket.

PSALM 139:14A "I PRAISE YOU BECAUSE I AM FEARFULLY AND  
WONDERFULLY MADE."

USE THE SPACE BELOW TO REFLECT, DOODLE, OR CREATE IN WHATEVER WAY  
FEELS RIGHT TO YOU. YOU CAN WRITE A PRAYER, DRAW A PICTURE, OR  
SIMPLY SIT WITH THE WORDS.

IN WHAT AREAS ARE YOU "WONDERFULLY  
MADE"?

WHAT DO THOSE QUALITIES LOOK LIKE, IF  
THEY EACH HAD THEIR OWN EMOJI?

HOW IS GOD'S CREATIVITY EXPRESSED IN  
YOU?

IS THERE A WORD OR PHRASE FROM  
THIS VERSE YOU WANT TO ILLUSTRATE?



# *Module 4*

## **CONNECTING SCRIPTURE AND YOUR CREATIVITY**

We began our workshop by reflecting on Scripture--specifically verses where God tells us in no uncertain terms we are each a unique, one-of-a-kind creation. Our perspectives have been shaped by life experiences distinctly our own. God has placed a creative spirit within us, and we can give that spirit a voice through art as a means of worship. In this learning module, we further connect Scripture with our creativity to make faith art journaling a blessing to us while also giving praise and glory to God.



# 5 easy ways to pick a verse for journaling —

start small. show up. let the Word lead.



## 1. Pick a Verse You Already Love

Start with a favorite verse you've clung to in the past. If it's helped you before, it will speak again to you--this time in new ways.



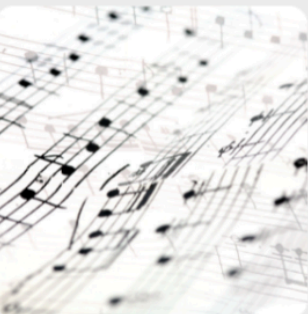
## 2. Use Today's Devotional or Bible Reading

Let your regular quiet time be your creative time. Whatever verse stands out today--use it. Highlight or underline the words that jump out at you as you read.



## 3. Choose a Situation You're Currently Walking Through

Feeling anxious? Journal a verse about peace. Feeling stuck? Find one about God's guidance. Let your emotional or spiritual condition shape your focus.



## 4. Let a Worship Song or Hymn Lead You

Listen to a worship song or favorite hymn and write down a line or two that speak to you. Search the Scripture it comes from--you'll be surprised that most do!



## 5. Use a Prompt or Pre-Chosen Verse

When in doubt, return to your course materials, Google a word or phrase and search for a relevant Scripture, or come over to [artnsoulcafe.com](https://artnsoulcafe.com) for inspiration!



PSALM 119:105 "YOUR WORD IS A LAMP TO MY FEET AND A  
LIGHT TO MY PATH."

USE THE SPACE BELOW TO CREATE IN WHATEVER WAY FEELS RIGHT TO YOU.  
WRITE A PRAYER, DRAW A PICTURE (A LANTERN, CANDLE, OR FLAME, FOR  
EXAMPLE), OR REWRITE THE WORDS OF THE VERSE.

WHAT PATH DO I FEEL GOD LIGHTING  
THE WAY FOR ME RIGHT NOW?

WHEN HAS HIS WORD LED ME OUT OF  
DARKNESS?

WHAT VERSE FEELS LIKE A 'LAMP' TO  
ME TODAY?

WHERE HAVE I SEEN THIS TRUTH  
RECENTLY IN MY LIFE?



# Meditation Questions for Any Verse

What word or phrase  
stands out to me most?

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How does this verse  
connect to my life right  
now?

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What is God saying to  
me through this verse?

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What do I want to  
remember from this  
verse?

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Is there something I want  
to say back to God?

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What color, symbol, or  
image comes to mind?

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"The Word of God is living and active..."

Hebrews 4:12

# Meditation Questions for Any Verse

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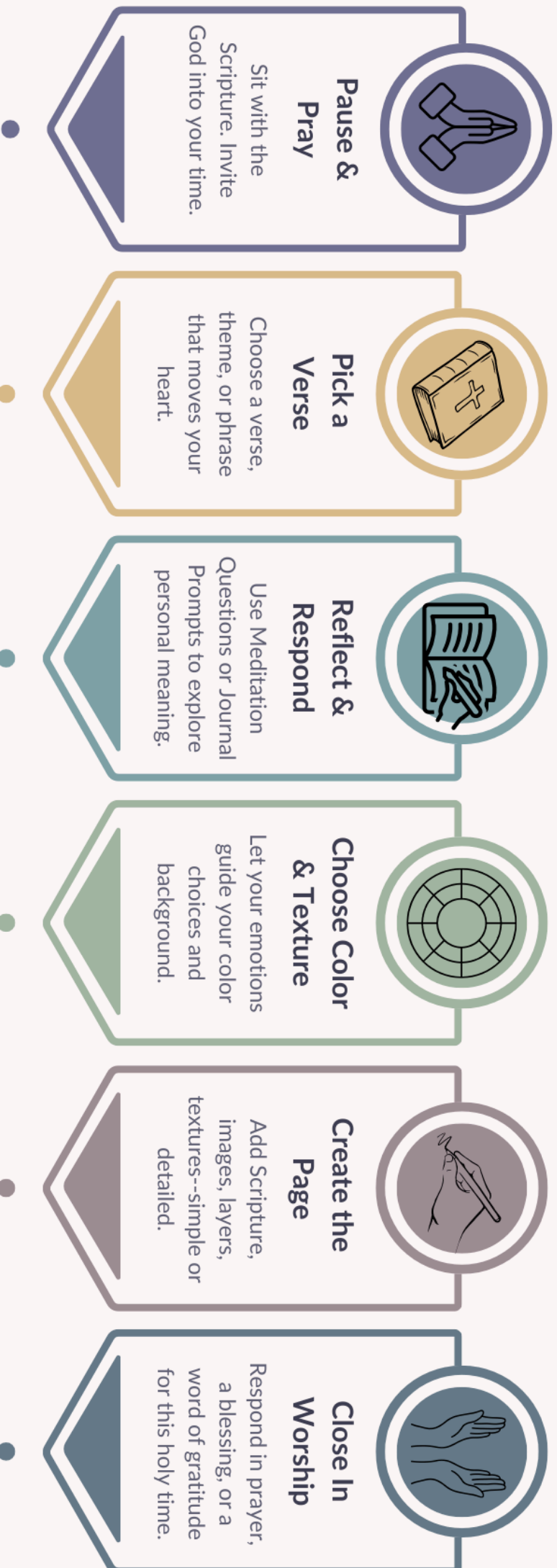
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"The Word of God is living and active..."

Hebrews 4:12

# CREATIVE FLOW ROADMAP

## FOR A FAITH ART PAGE



This is your time with God. Don't rush it. Don't compare. Just begin.

# *Module 5*

## **BUILDING A GRACE-FILLED CREATIVE PRACTICE**

Where do we go from here? How do we move from, well, “this was fun” (I hope so!) to “I really need this in my life”? From merely dabbling in the new and different to being secure with the title ‘faith art journaler’? From feeling intimidated to feeling joy? In Module Five our focus shifts from the art to the practice--establishing a spiritual habit, making personal accountability (whatever that looks like) work for you, and connecting with community. Finally, we celebrate all you’ve learned and created during this course in one final page that reflects your journey. As we approach the end, let’s finish the race. I promise, it will be worth it.

# Faith Art Journaling Habit Builder

Choose as many as apply or create your own

## My Best Time

- |                                    |  |                                       |
|------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Morning   | <input type="checkbox"/> Following Devotions | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Afternoon | <input type="checkbox"/> Sunday After Church |                                       |
| <input type="checkbox"/> Evening   | <input type="checkbox"/> Right Before Bed    |                                       |

## My Sacred Routine

Preparing to Worship

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Play Worship Music | <input type="checkbox"/> Make Tea       | <input type="checkbox"/> Turn Off/Silence Phone |
| <input type="checkbox"/> Deep Breathing     | <input type="checkbox"/> Light a Candle | <input type="checkbox"/> Other: _____           |

## What Am I Seeking?

- |   |  |                                       |
|---|--|---------------------------------------|
| <input type="checkbox"/> Spiritual Connection | <input type="checkbox"/> Freedom                 | <input type="checkbox"/> Guidance     |
| <input type="checkbox"/> Peace                | <input type="checkbox"/> Refreshment/<br>Renewal | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> God's Presence       | <input type="checkbox"/> Worship                 |                                       |

What does my ideal faith art journaling space look like?

# Faith Art Journaling Tracker

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Track your gentle progress. One box, one moment with God at a time.

## ACTION STEPS



Choose a consistent time of day or week



Keep your toolkit together and visible



Create a signal (like a candle) that this is your sacred time



# You're Not Behind

You haven't failed.

You don't need to catch up.

You're not behind.

Every page you create is a page of worship.

Every pause you take is a moment where  
God can still meet you.

Every time you return is a victory.

This is your walk with Him.

It's not on a timer.

And you're doing just fine.



"He who began a good work in you will carry in on to completion."

Phil 1:6

"HE WHO BEGAN A GOOD WORK IN YOU WILL CARRY IT ON TO COMPLETION..." PHILIPPIANS 1:6


USE THE SPACE BELOW TO CREATE IN WHATEVER WAY FEELS RIGHT TO YOU. WRITE A PRAYER, DRAW A PICTURE (IMAGES OF COMPLETENESS--LIKE A SERIES OF CIRCLES, A FINISHED PUZZLE, A GOLD MEDAL, ETC.) OR REWRITE THE WORDS OF THE VERSE.

WHAT CREATIVE WORK HAS GOD BEGUN IN ME?

WHAT ACTIONS CAN I TAKE TO CONTINUE RESPONDING TO THAT WORK?

WHAT DOES GOD'S INVITATION TO CREATE SOUND LIKE?

HOW DOES FAITH ART JOURNALING FIT IN WITH THIS VERSE?







## Next Steps...

Your creative journey doesn't have to end here—this is just the beginning! 💛

✉️ **Stay Inspired:** Join the Art & Soul Cafe mailing list so you'll never miss new tutorials, free printables, and encouragement for your faith art journaling.

📅 **Mark Your Calendar:** Registration opens soon for **30 Days of Thankful**, our heartwarming and interactive October mini-album workshop that will prepare you for a gratitude-filled November.

📧 **Get Monthly Inspiration:** Watch for our brand-new Faith Art Journaling Tips & Tricks Newsletter straight into your Inbox, filled with creative ideas you can try right away.

🎨 **Go Deeper:** Ready for personal guidance? Schedule a Faith Art Journaling Coaching Session with me, where we explore your unique creative voice and grow your confidence together.

**Your story matters.**

**Your art matters.**

**And I can't wait to see what you create next.** 🌿

With love and appreciation,  
Marilyn



[www.artsoulcafe.com](http://www.artsoulcafe.com)

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