



# PEACE IN CHAOS

## A Faith Art Journaling Guide for July

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*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." – John 16:33*

Welcome to this month's faith art journaling journey, where creativity meets tranquility, and faith wins over fear. This prompt sheet is designed to guide you in finding hope amidst the chaos. Use these prompts to explore your inner world and express your thoughts and feelings through art.

## Materials You'll Need

- Journal or sketchbook
- Pens, pencils, markers, or paints
- Scissors and glue (for collage)
- Magazines or newspapers (optional)
- Any other art supplies you love

## Prompts to Explore

### 1. The Reality of Chaos

- **Prompt:** Write down the situations in the world or in your personal life that feel chaotic right now. Then, once you have written them, paint over your writing or draw over them.
- **Activity:** Use colors, images, and scribbles that represent your fears being covered by God.

### 2. The Anchor of Peace

- **Prompt:** Meditate on John 16:33. Google the verse and find a translation that personally resonates with you. Write, stamp, or stencil "I have overcome the world" on the page.
- **Activity:** Using soft, pastel colors, calming textures, and peaceful imagery (clouds, flowing water, flowers, etc.) fill in the journal page.

### 3. A Visual Prayer

- **Prompt:** Use the mind map charting technique to create a prayer. Start in the middle of the page with the situation in the world or your life that is chaotic. As you create the branches from this problem, write down what are you asking God to do about this. Address Him personally.

Another branch is what Scripture(s) support your request? And another, what are you grateful for? (that need not be connected to the problem at all).

- **Activity:** Around words, create bubbles, vines and leaves, flowers, or some other imagery that evokes peace. Color in with pens, pencils, markers, or paint.

#### 4. Declare the Victory

- **Prompt:** On a blank page, write in bold letters with marker or paint: ***Christ has overcome!*** Fill the entire page with these words.
- **Activity:** Outline a few or all the letters and draw images. like rays of light, Zentangle doodles, different patterns and colors, to fill in and around the writing.

#### 5. Scripture Reflection

- **Prompt:** Find a Scripture about peace that resonates with you and incorporate it into a page. Suggestions: for inner peace (John 14:27, Philippians 4:6-7, Isaiah 26:3), for peace with others (Matthew 5:9, Romans 12:18, Hebrews 12:14), for peace with God (Psalm 29:11, 2 Thessalonians 3:16)
- **Activity:** Surround the quote with art that reflects its message. Consider typography, colors, and magazine images that enhance its meaning.

### Reflective Questions

- What emotions did you experience while working on these prompts?
- How did expressing chaos and peace through art affect your mindset?
- What did you learn about your own capacity for finding peace in chaos?