



EMPOWERED

AN ART JOURNAL JOURNEY

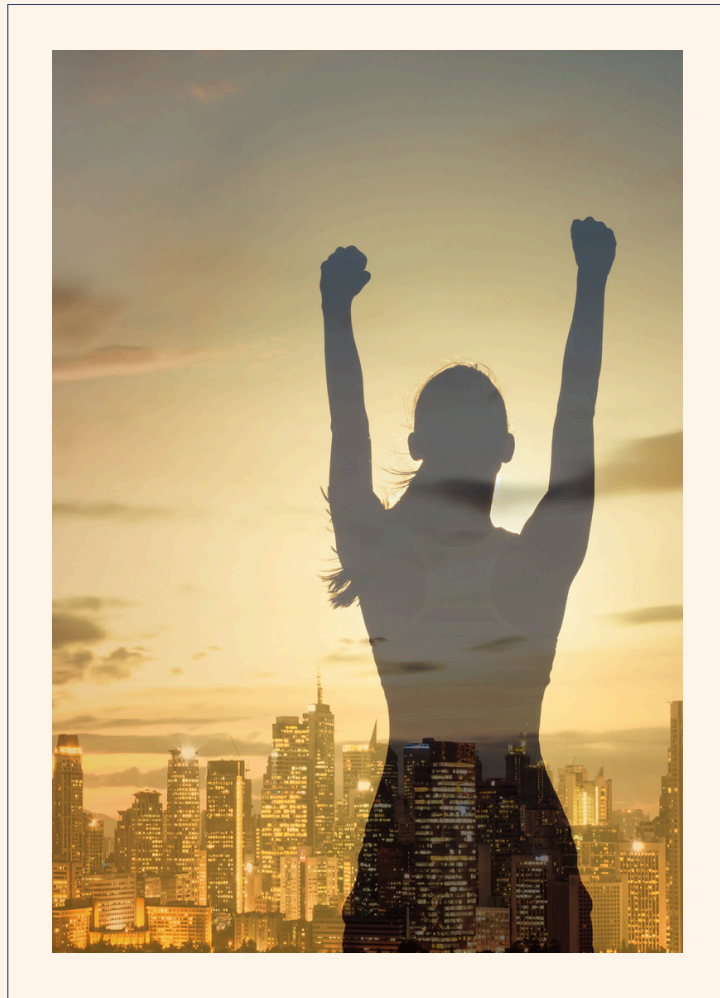
Cultivate your power. Transform your life.



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Arts Ministry

WORKBOOK

POWER OF STRENGTH



WITH REV. JEN HUTCHINS



STRENGTH

THIS POWER IS ASSOCIATED WITH

SPRING GREEN



THE APOSTLE
ANDREW



Andrew

SMALL OF THE BACK





WEEK ONE

ROOTED IN DIVINE STABILITY

Supplies:

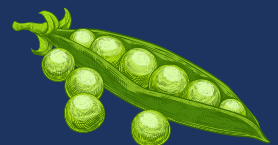
- Art journal or blank paper
- Watercolor paints
- Collage paper
- Scissors
- Glue stick
- Water-based markers

Content Overview:

In this session, you will create a mixed-media journal page reflecting a personal story or symbol of resilience and strength. Use watercolor paints as a base, then layer collage elements to tell a story of perseverance. Whether inspired by a personal experience or the resilience found in nature, this visual expression serves as a reminder of your inner strength during challenging times.

AFFIRMATION:

“I have the strength of peas.”



WEEK TWO

AFFIRMATION:

“I am grounded
in divine
strength,
steady and
secure.”



Building Resilience



Supplies:

- Art journal or blank paper
- Acrylic paints (especially spring green)
- Paintbrush
- Found objects for stamping (e.g., bottle caps or other recyclables)
- Rubber stamps (optional)
- A paper plate or palette
- Water
- Old rag

Content Overview:

This week we focus on perseverance and resilience as integral parts of spiritual strength. Through intuitive art journaling, we will explore how strength manifests in their physical, mental, and spiritual lives. The session emphasizes the regenerative power of nature, using the color spring green to symbolize resilience and renewal. By incorporating repetitive patterns and tactile processes, you'll connect deeply with the steadfast energy within.

AFFIRMATION:

“My strength is woven from faith, resilience, and the support of my community.”



WEEK THREE THE STRENGTH WITHIN

Supplies:

- Art journal or blank paper
- Acrylic paints
- Colored or patterned paper (e.g., scrapbook paper, magazine pages, or printed designs)
- Paintbrush
- Scissors or a paper trimmer
- Glue
- Ruler or straight edge (optional)

Content Overview:

This week, we explore the interconnectedness of strength through paper weaving. By weaving strips of paper into a design, participants reflect on how different qualities of strength—resilience, faith, and perseverance—intertwine in our lives. This process can also represent the people and experiences that inspire us to keep moving forward. The paper weaving project serves as a metaphor for how the various aspects of our lives and stories come together to create a cohesive, supportive foundation.



WEEK FOUR

EMBODIED STRENGTH

Supplies:

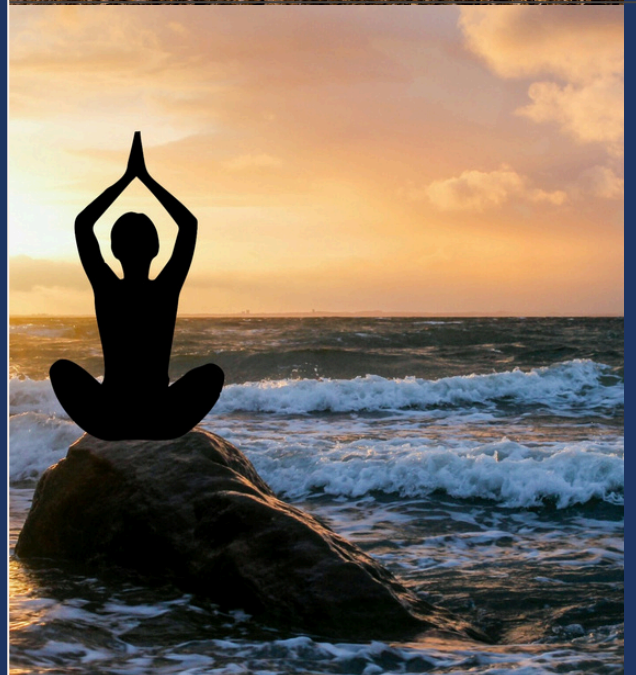
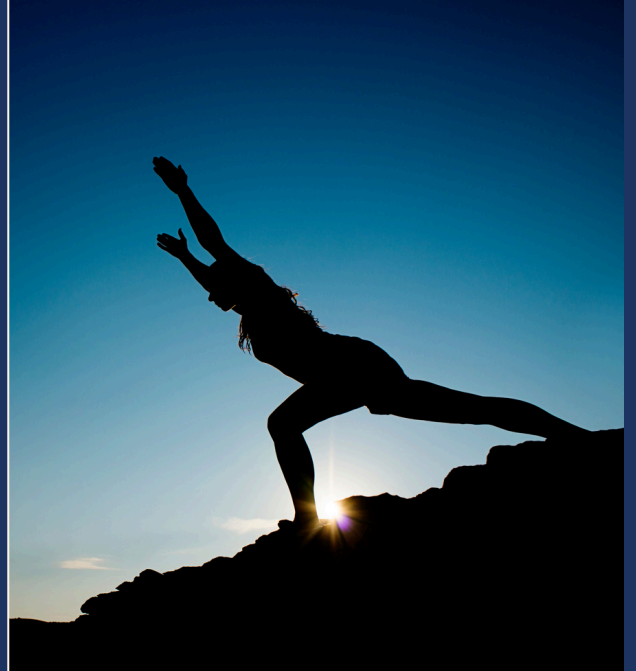
- Art journal or blank paper
- Pencil
- Ruler (optional)
- Water-based markers (e.g., Crayola or similar)
- Spray bottle with water

Content Overview:

This week we focus on embodying the energy of strength through a meditative and creative process. Using a "tie-dye marker" technique, we will create a radiating design to represent the flow of strength from the core of their being. The activity integrates visualization of strength as energy radiating from the base of the spine and outward, connecting physical and spiritual strength. The journal process allows participants to capture and express the energy they felt during meditation, symbolized by dynamic, flowing patterns.

AFFIRMATION:

"Divine strength is the core of who I am."





ABOUT REV. JEN HUTCHINS



Hi, I'm Rev. Jen! My journey with art journaling began in 2006 when I stumbled upon the idea in a book on art therapy. Around that time, I stumbled upon the idea of art journaling—then called visual journaling—in a book on art therapy. I was drawn to the idea of process-based art, where the focus isn't on creating a polished product but on using art as a tool for self-expression and spiritual exploration.

Since teaching my first workshop over 15 years ago, art journaling has been my go-to practice for processing life's joys and challenges. From grieving the loss of my mother to celebrating becoming a parent, my journals have held it all. They've also become a space for dreaming, imagining, and building my faith. I'm so excited to share this transformative practice with you and help you connect with your creativity and your own spiritual journey!

HARNESSING YOUR SPIRITUAL POWERS

Unity Arts Ministry
1901 NW Blue Pkwy, 100 Bldg
Unity Village, MO 64065

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this self-guided online course!**

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Our vision is a world transformed through the awakening of the Creative Spirit in all.

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