



# EMPOWERED

## AN ART JOURNAL JOURNEY

Cultivate your power. Transform your life.



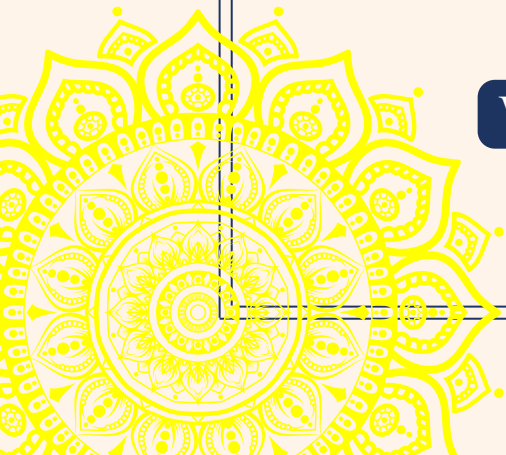
unity<sup>®</sup>  
Arts Ministry

WORKBOOK

# POWER OF WISDOM



WITH REV. JEN HUTCHINS



# WISDOM (

THIS POWER IS ASSOCIATED WITH

YELLOW



THE APOSTLE JAMES



**James**

John's brother, son of Zebedee

PIT OF STOMACH





# WEEK ONE

## THE FOUNDATION OF SPIRITUAL GROWTH

### Supplies:

- Art journal or blank paper
- Assortment of papers (e.g., scrapbook paper, old newspapers, books, magazines, cardboard, paper bags)
- Adhesives (e.g., Mod Podge, liquid glue, or glue stick)
- Sharpies or metallic pens for additional embellishment

### Content Overview:

This week we focus on exploring the power of wisdom, emphasizing the balance between logic, heart, and intuition. Through the creative process of torn paper collage, we embrace the imperfections of the materials as symbolic of intuitive wisdom emerging in unexpected ways. This process is intended to encourage us to trust our gut feelings, listen to our inner knowing, and let our art journal become a space for exploration and divine insight.

### AFFIRMATION:

“Divine wisdom guides my way.”



# WEEK TWO

## AFFIRMATION:

“I am wisdom,  
and I am  
grateful.”



Anchoring Faith in Daily Life



## Supplies:

- Art journal or blank paper
- Pencil
- Watercolor paints
- Paintbrush and cup of water
- Pens or markers for details and writing

## Content Overview:

This week's session focuses on our ability to personify wisdom by creating a symbolic portrait. The process explores how wisdom manifests as an inner light and intuitive guidance. We will sketch a simplified, cartoon-style face representing wisdom or to explore alternative creative methods to connect with the theme.

This exercise integrates inspiration from biblical personification (Proverbs 8) and personal reflection, emphasizing that wisdom is both an external guide and an intrinsic quality within.



# WEEK THREE

## GETTING MESSY WITH WISDOM

### Supplies:

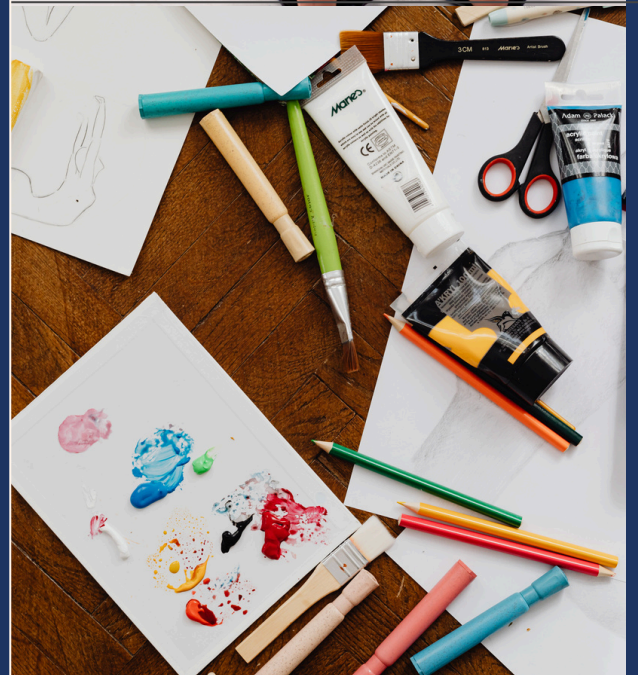
- Art journal or a surface for mixed media exploration
- Adhesives: glue, Mod Podge, or any craft adhesive
- Yellow materials: paint, markers, ribbon, paper, fabric, lentils, or anything yellow
- Additional craft materials for texture: string, crepe paper, stencils, mesh, etc.
- Found objects for texture (e.g., buttons, pantry items, cardboard)
- Tools for applying paint (brushes, fingers, sponges, etc.)
- Spray bottles for creating effects

### Content Overview:

This week's session focuses on embracing creative chaos to embody wisdom. The process encourages us to explore the tactile and intuitive aspects of creativity by intentionally making a mess. Using yellow as the symbolic color of wisdom, we will let go of perfection and follow our intuition to uncover deeper insights. This activity emphasizes trust in the creative process and the importance of listening to inner wisdom, even in moments of uncertainty.

## AFFIRMATION:

"Divine wisdom is my true nature."





## 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**  
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Unity Village, MO 64065

**Thank you for participating in  
this self-guided online course!**

Our mission is to inspire personal growth through creative expression and spiritual enrichment.

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

If you would like to find more online courses and resources to enhance your your spirituality through creative expression, please visit us online.



  
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