



# EMPOWERED

## AN ART JOURNAL JOURNEY

Cultivate your power. Transform your life.



unity<sup>®</sup>  
Arts Ministry

WORKBOOK  
POWER OF  
FAITH

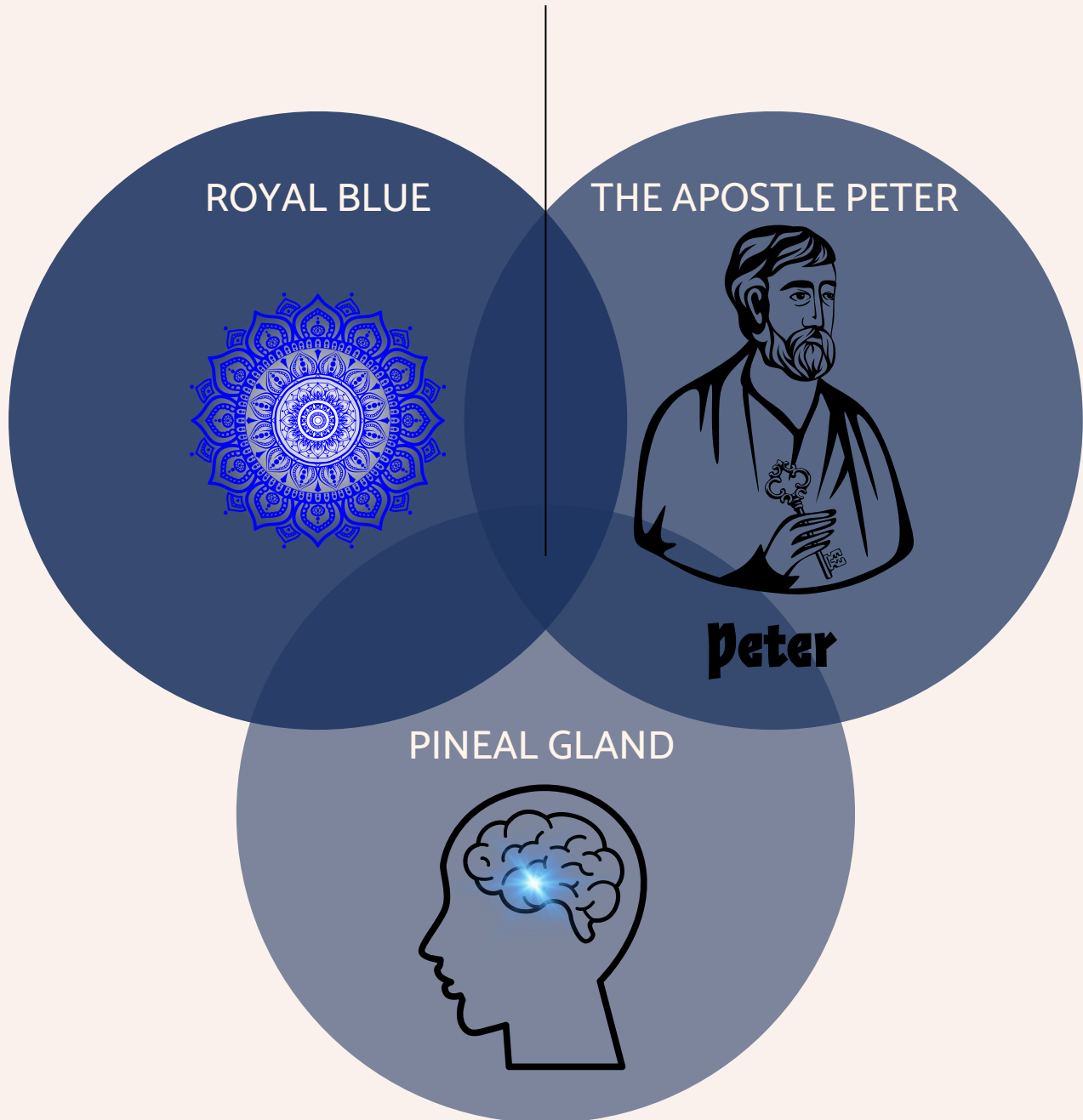


WITH REV. JEN HUTCHINS



# FAITH

THIS POWER IS ASSOCIATED WITH





# WEEK ONE

## THE FOUNDATION OF SPIRITUAL GROWTH

### Supplies:

- **Essential Materials:**

- Water-soluble wax crayons (or similar substitutes like crayons, colored pencils, markers)
- Watercolor paints (optional, for blending effects)
- A pencil for sketching and journaling
- Art journal or blank paper

- **Optional Materials:**

- A paintbrush and water (if using water-soluble supplies)
- Images or symbols of connection (e.g., shells, spirals)

### Overview:

This week, we explore Faith as the foundation of spiritual growth and connection. Through a personal story, we reflect on how Faith deepens our trust in Divine Wisdom, enabling us to move beyond logical understanding and lean into spiritual connection. Faith invites synchronicity and reminds us of our divine connection to the greater whole.

You'll engage in a creative journaling exercise inspired by a guided meditation. In this practice, you'll recall moments of divine guidance and synchronicity in your life, expressing these experiences through simple drawings, colors, or words. The emphasis is on connection, not artistic perfection.

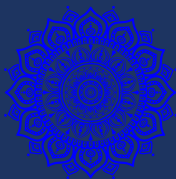
### AFFIRMATION:

“Faith connects me to divine wisdom and reveals the synchronicity of my life.”

# WEEK TWO

## AFFIRMATION:

“I am faith-filled,  
flowing with  
trust in my  
divine  
connection.”



Anchoring Faith in Daily Life



## Supplies:

### Essential Materials:

- Mixed blue art supplies: watercolor paints, markers, colored pencils, crayons, or pastels
- White crayon (for resist technique)
- Dark blue pen or marker for writing
- Art journal or blank paper

### Optional Materials:

- Glitter glue (e.g., blue or glow-in-the-dark)
- Feathers, stickers, washi tape, or other blue items for collage
- A paintbrush and water (if using water-based supplies)

## Overview:

This week, we deepen our exploration of Faith by focusing on its connection to color. The color royal blue, associated with Faith, helps evoke a sense of trust and connection. As we align with this color, we embody the energy of Faith in our creative expression and our being.

Faith is more than belief in external forces—it is the inner strength to trust our own wisdom and divine connection. By focusing on the energy of royal blue, we invite Faith into our lives as a tool to center ourselves and return to peace, no matter the challenges we face. This week, you will create a visual representation of Faith using the color blue and write from the perspective of Faith itself, exploring what it means to trust and embody this spiritual power.

## AFFIRMATION:

“With Faith, I walk forward into the light of infinite possibilities.”



# WEEK THREE MOVING BEYOND FEAR

### Supplies:

- Art journal or blank paper
- Acrylic paints (or any available paints)
- Paintbrush
- Cup of water
- Old rag or paper towel
- Pen or marker for writing

### Optional Supplies:

- Collage materials such as magazines, stickers, or photos
- Scrap paper to protect surrounding journal pages during painting

### Content Overview:

This session invites you to reflect on those who inspire your Faith and the qualities they embody. Through journaling and creative expression, explore the characteristics of mentors or figures who have demonstrated unwavering Faith and inspired you to move forward, even in the face of fear or uncertainty.

Faith is not about perfection or guaranteed outcomes but about taking steps forward with trust and courage. In this session, you'll create a visual or symbolic representation of someone who has inspired your Faith, accompanied by reflective writing on their impact and qualities. Whether it's a historical figure, a family member, or a contemporary leader, let their example empower you to lean into your own Faith.

# WEEK FOUR

## REFLECTING ON THE JOURNEY

### Supplies:

- Art journal or blank paper
- Acrylic paints (any colors, with an emphasis on royal blue)
- Old gift card or paintbrush for spreading paint
- Found magazine images for collage
- Glue stick or adhesive

### Content Overview:

This week's practice focuses on intuitive collage as a way to reflect on the journey of Faith. Like a rainbow after a storm, Faith reminds us that unseen possibilities exist. Begin by creating a painted background using acrylics. While the paint dries, intuitively gather magazine images that catch your eye. Arrange and adhere them to your journal, trusting the process to reveal messages of guidance and hope.

### AFFIRMATION:

“Faith strengthens me, opens my heart, and reveals the path to divine good.”





## ABOUT REV. JEN HUTCHINS



Hi, I'm Rev. Jen! My journey with art journaling began in 2006 when 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

**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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