

Creative  
Prompt  
#1



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

# Hello There!

Beautiful Soul! I am so glad that you have found your way to this Creative Prompt #1! You can see by the title, that this is my very first CREATIVE PROMPT! Super excited! In addition to awesome photos, step by step instruction and handy product links, you will have the opportunity for some to delve into God's Word!

***Don't we all need to take a little time for our soul?***

Since this is a CREATIVE PROMPT my intention is to use art supplies that are available in most homes. You can substitute mixed media paper for computer paper, and make substitutes when needed. Use what you have! This is about making time for you and your creative heart, and getting you into the Word of God...not about making something perfect. This is a great prompt to do with the kiddos and bring out for family night fun.

*If you enjoy this PDF, please make sure you are signed up for my newsletter so that you can receive more art and soul "goodness" direct in your email. I have PDFs available for the ART and SOUL Projects as well.*

**You are BLESSED!**

With Gratitude, *Jill*

# Supply List

- [Mixed Media Paper 9X12](#)
- Paint brushes/ small round and large round
- [Heavy Bodied White Acrylic Paint](#)
- Assortment of Alphabet Stamps
- [Black Staz On Ink pad](#)
- Black Sharpie
- [Basic Water Color Palette](#)
- [White Paint Pen](#)
- Pencil

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

# Let's get started!



Using your pencil write a word that is uplifting and inspiring onto the 9x12" mixed media paper . Use the first word that comes to mind.

Now take your permanent ink pen, I used a black Sharpie, and trace over the pencil marked letters.



# Be child-like



Using your basic water color palette, your large round brush and a cup of water, paint on the surface of your mixed media paper. First dip your brush into the water, then into the paint palette.

Next cover the entire surface of the paper with beautiful strokes of color. Play with the amount of paint and water on your brush, play with the strokes! For example, you can make splashes of paint by using a flicking motion toward the paper with wet paint on your brush. You may also want to try blending colors. It's play time, be child-like.



# Nothing perfect found here



Once the water color paint is dry, take your small round brush and fill in the outlined letters with the heavy bodied acrylic paint. This may take up to three coats to get a opaque finish. I find this step relaxing, like coloring in a coloring book.

Once you have the letters painted white, outline the letters in a freestyle outline with your black Sharpie. Nothing perfect here, just a basic outline that you go over and over two or more times.



# There is freedom to PLAY



Now take the white paint pen, and outline some of the splatter circles that you created while using the water colors. You can also make stars, swirls...whatever shape you choose. There is freedom here to PLAY. Let go and have fun!



# Let's Explore God's Word

Now that you have that uplifting and inspiring word on the page, let's take a look at what the Bible has to say about it. If you have a Bible with a concordance, which is usually found in the back of The Book, please go there now.

If your Bible does not have a concordance, [here](#) is a great on-line tool to learn and grow in your love of God's written word while using a concordance. Simply type in the word you choose and hit search. In the link, you will see that I searched in the New Testament, you of course are free to explore as many books as you would like.

Take 15-20 minute and look at what The Holy Bible says about your inspired word. Explore which scripture passages resonate and encourage you. Then choose one passage and write it here:

---

---

---

---

---

---

But *Blessed* is the man  
who trusts in the Lord.

Jeremiah 17:7

Simple things aren't always simple.



This step for me is the most challenging, STAMPING! Ok, so stamping is easy for some of you, I know, but for me it never seems to turn out. Which is why I threw it in this project! Just like you, I'm trying to grow and learn and since I'm no good at stamping, I need practice. Use a variety of alphabet stamps and your Staz On Ink and stamp in the Bible verse that you wrote on the preceding page. My only tips here is make sure you have enough ink on your stamp, press firmly and don't slide the stamp once you have it on the page. Also be sure to space the stamps so that you can fit your verse on the page. Sounds simple, right?

Share it!

Now that you have created your art prompt, share it with others who may be interested in creating this project. They can download their [own PDF here](#).

Also, you are invited to join my private [Facebook Group](#) and share your TRU Creative Prompt with ME!

*Can't wait to see what word you choose!*





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

