

Healing Art **COLOR ACTIVITY**

GATHER MATERIALS

Get paper and paint, colored pencils, or markers. It doesn't matter what supplies you use, just make sure you have colors!

QUIET YOUR HEART

Sit in the Lord's presence. Consider the beauty of Christ. He sees you and cares about each struggle you face. He knows your pain and will walk with you through it so you are never alone.

USE COLOR TO MEDITATE

What area do you need Jesus to enter and bring His light to drive away the darkness and bring order? Using color, express what you want that area of your life to reflect. What color brings a feeling of contentment or safety?

LET LIGHT IN

Invite Jesus, who is the Light into your life. Allow Him to drive back the curtains of darkness, so instead of being overwhelmed by confusion and pain, you are awed at His beauty and experience peace in His presence.

"For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ"
2 Corinthians 4:6 (NKJV)