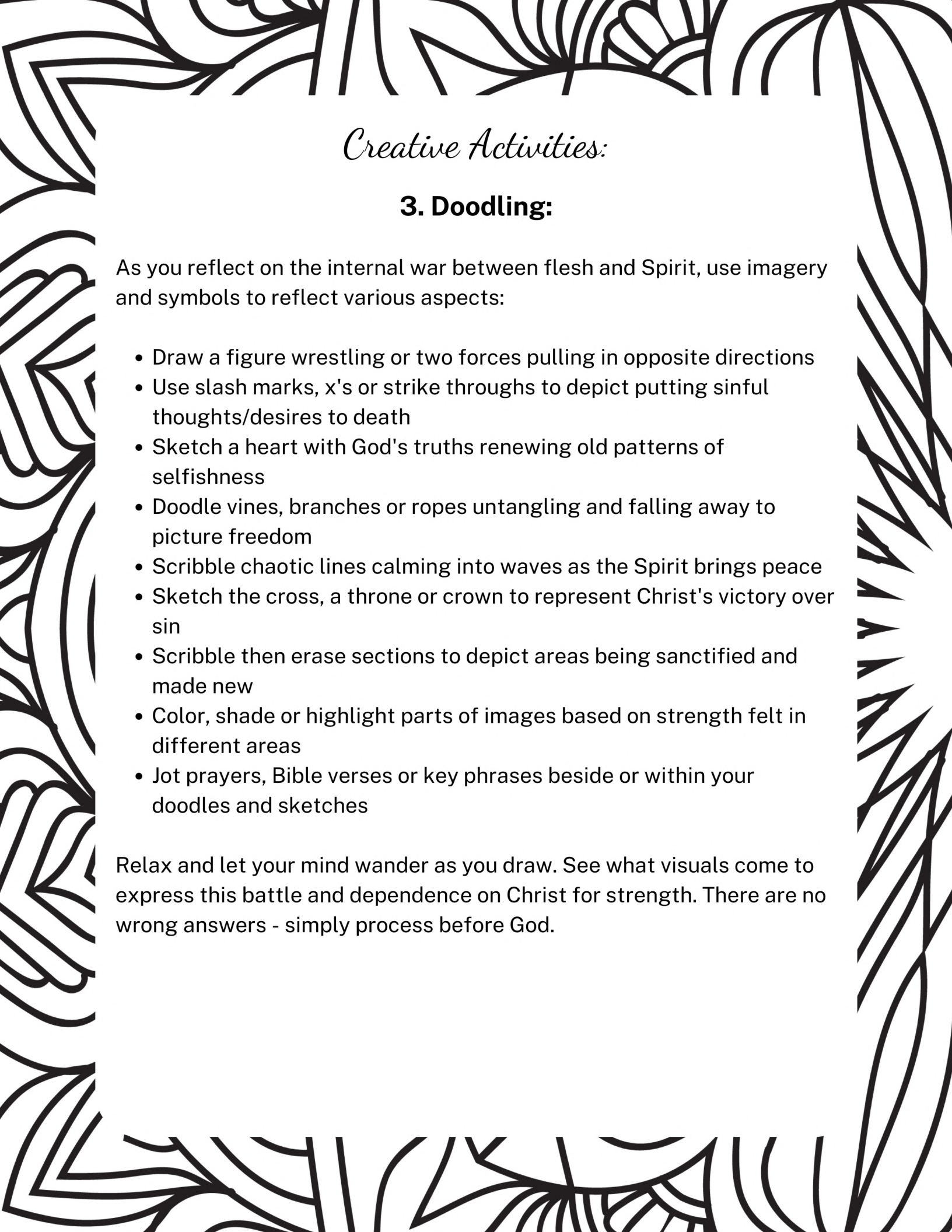


A decorative border made of black line art, featuring stylized leaves and flowers, framing the central text.

Creative Activities:

3. Doodling:

As you reflect on the internal war between flesh and Spirit, use imagery and symbols to reflect various aspects:

- Draw a figure wrestling or two forces pulling in opposite directions
- Use slash marks, x's or strike throughs to depict putting sinful thoughts/desires to death
- Sketch a heart with God's truths renewing old patterns of selfishness
- Doodle vines, branches or ropes untangling and falling away to picture freedom
- Scribble chaotic lines calming into waves as the Spirit brings peace
- Sketch the cross, a throne or crown to represent Christ's victory over sin
- Scribble then erase sections to depict areas being sanctified and made new
- Color, shade or highlight parts of images based on strength felt in different areas
- Jot prayers, Bible verses or key phrases beside or within your doodles and sketches

Relax and let your mind wander as you draw. See what visuals come to express this battle and dependence on Christ for strength. There are no wrong answers - simply process before God.







Thank you for your download!

Please note: This printable is for personal and educational use (school, homeschooling) as well as for use at church and in ministry only.

Commercial use not allowed.

Visit our Biblical Health and Wellness Ministry at
<https://wisdomfromheaven.net>.