

A decorative border of black line art flowers and leaves surrounds the text. The flowers are stylized with multiple layers of petals, and the leaves are long and pointed.

Creative Activities:

3. Doodling:

Take a few minutes now for contemplative doodling. With relaxed focus, allow your pencil to move freely across the page without overthinking the lines that form.

Release self-critique and simply respond through random shapes, textures or patterns as thoughts arise. Your drawings may provide symbolic expression of insights the Spirit prompted through reflection.

You could depict:

- Scenes representing following Jesus' example of self-denial
- Abstract figures denoting trusting God's control daily
- Freeform marks depicting releasing yourself to His guidance
- Move your hand meditatively as you tune your heart to the Lord.
- Doodling offers a peaceful vessel for continued pondering in God's presence.

Receive His peace in contemplative creativity. May these mindless markings deepen your experience of His call to die to selfishness each moment and live fully for Him.







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>.