

# Wounded Heart Art Project

**How are you feeling in your heart right now?**



Draw a heart on a piece of paper or create a heart.

*markers, colored pencils, clay, chalk, movement, spoken word, song, and so forth.*

*Your artistic expression may be symbolic rather than realistic.*

*This isn't about artistic talent, but about expressing what is in your heart.*

Get quiet inside and ask God to show you the pain in your heart.

The pain may be from something about your life today or something from the past.

When you are ready, begin expressing your pain through the art form you've chosen.

WOUND the heart – slash it, mark it, cut it up. You may write names for the wounds or identify them some other way (color, shape).

Take this week to think about your heart wounds. You might cut your heart up then tape it back together as you ask God to show you verses or experiences that are healing to your specific pain.

*Spend time once a day, with your heart.*

*Bring it Jesus. Ask: What do you want me know about this?*

*Where are you in it? Look in your heart and look through your heart*

Music: <https://www.youtube.com/watch?v=xcXOtTcXGvo>