

BIBLE
art
JOURNALING

By Katie Harley

welcome

Bible Journaling is an artistic way to worship God and connect with the Scriptures. As you are writing, drawing, coloring and embellishing the pages, you are also meditating over the words and thinking about what God is teaching you. Bible Journaling is a tangible, visual way to remember Scripture and connect with it personally. When you journal on the pages of your Bible you create for the Creator!

There is no right or wrong way to Bible Journal. The most important thing is that you are in God's Word. Bible Journaling is not about the art or the finished design. Don't worry about messing up a page or about making mistakes. It will happen at least once, maybe more. Let go of perfectionism, fear, unrealistic expectations and rules! Your Bible is your own and what you put on the pages is personal between you and God.

Play around with different supplies and techniques until you find what you are comfortable with and what brings you joy. Your Bible will look nothing like anyone else's Bible. The process should be fun and relaxing, not stress inducing.

supplies

What Type of Bible Should I Use?

I use a Journaling Bible. These Bibles are specifically designed with a large margin on the left or right side of the page allowing for room to write notes, draw pictures or add embellishments.

It is not necessary to use a Journaling Bible to begin to Bible Journal. You may want to start out by using a Bible that you already own or one that you found at the thrift store. If you aren't comfortable writing in a Bible, try starting out with a blank journal instead.

If you decide to purchase a Journaling Bible they are available at most Christian Book Stores or online from any large bookseller. There are several different styles, sizes and versions available. Some Journaling Bibles even have pages with art and lettering already on them to give you a starting point or inspiration.

You don't need to purchase a lot of art supplies to begin to Bible Journal. To start, use what you already have on hand. All that you need is a pen to write with and something to color with – like crayons or colored pencils. Once you are comfortable writing in your Bible you can try more supplies as you go. I recommend testing any new supplies on the back pages of your Bible to see how they work and if they bleed through the page. Since Bible pages are delicate and thin, some brands of pens are better for your Bible than others. You will need to experiment to find the supplies that you like the best.

These are the supplies that I use most often:

- Mechanical Pencil
- Eraser
- Fine Line Pens
- Watercolor Paints
- Water Brush
- Acrylic Paints
- Paint Brushes
- Rubber Stamps
- Stamp Ink
- Colored Pencils
- Washi Tape
- Date Stamp

Other fun supplies:

- Stickers
- Scrapbook paper
- Tabs
- Stencils
- Magic Markers
- Tags
- Ribbon
- Clips
- Tab punch
- Die Cuts

getting started

Ways to inspire your journaling:

Quiet Time in God's Word – The best way to begin journaling is to start by reading Scripture. As you are reading, jot down some notes in a separate notebook. Is there anything specific God is saying to you or you would like to remember? You may want to refer to these notes later.

Prayer – Allow God to speak to you through quiet time & prayer. Listen for His voice. Write down any thoughts or prayers that you want to journal about.

Worship Music – Music inspires many of my pages. I listen to worship music while I journal. The lyrics to a song can inspire a page.

Sermon Notes – If you attend a church or listen to a sermon online, take notes. Journal your thoughts and impressions in your Bible.

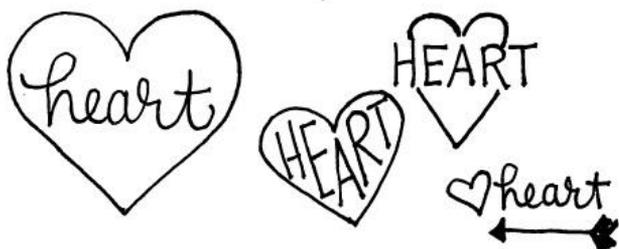
Devotions – Reading a daily devotional can inspire journaling.

Word Association - Is there a specific topic or word that you are studying? Using a Bible dictionary or Google, search for Scriptures with that word or topic. For example: you may be studying about prayer. Look up Scriptures where prayer is mentioned. Choose one and journal about it.

think visually

Once you have chosen a Scripture or subject to journal, begin to think visually about the words. Are there any specific words that stand out to you? What visual images come to mind when you think about the words?

For example: What do you think about when you read the word heart? When I think of the word heart I visualize the shape of a heart and the color red or pink. Here are some ways to journal the word heart.



You can also emphasize words in your Bible using different scripts and fonts.

For example, the word Lord could be journaled like this:



let's ^{bible} journal

Now is the time to get creative on the pages of your Bible!

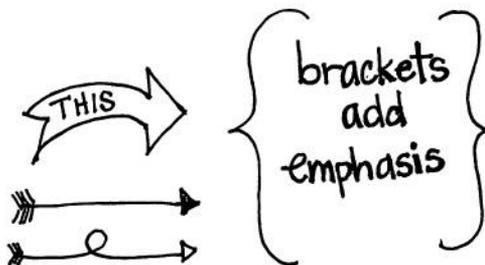
1. Sketch what you want to draw or write with pencil first. (You don't have to do this – it is just my preference.) Sometimes this takes several tries and a lot of erasing to get it just right. If you don't feel comfortable writing directly on the pages of your Bible, do your writing and art on a separate paper and then affix it to a page in your Bible using washi tape. Some people call this a “tip in”.

When erasing on your Bible pages be sure to erase gently while holding the page steady with your other hand to keep the paper from tearing.

2. Trace over the pencil with a fine line waterproof pen.

3. Erase all of the pencil marks for a clean finish.

4. Underline or highlight the Scripture passage that you are journaling about. Putting boxes around the Scripture, painting over the words with watercolor or drawing arrows pointing to the words is fun too!



5. Color with paint, colored pencils or markers. You may choose to color the entire page or just your drawing or lettering. You may prefer to only create in the margins of your Bible or to decorate the entire page. You have the freedom to do what you want in your Bible. It is up to you.

6. Jot down any notes, thoughts or prayers in your own handwriting.

7. Embellish it! - Add washi tape, stickers, scraps of paper, rubber stamped images, die cuts, etc.

8. Date it – Use your own handwriting or a date stamp to put a date on your page. This serves as a reminder of when and why you journaled the page and as a log of what you are learning.

What If I Cover The Text?

Some people do not like it if the Scriptures on the page can not be read or are covered by paint or artwork. I believe that this is a personal decision each person must make when journaling. There are many different ways to journal and express oneself through art. In my Bible there are many pages where I have used paint and have covered over the text while there are other pages that the Scriptures can be read clearly. It just depends upon what I am trying to express artistically on that page. I do not use my Journaling Bible for anything other than my artwork. I use a separate Bible for reading and study. How you decorate each of your pages and what you do with your Bible is up to you. There is no right or wrong answer here.

TIPS

Some lessons that I have learned from my own journaling experience:

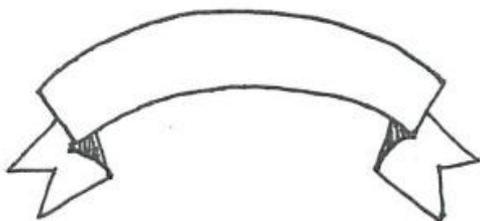
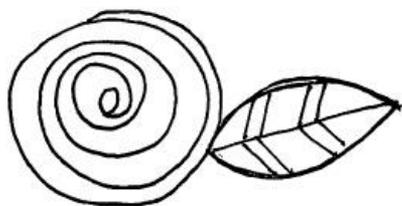
Paint: If you want to add watercolor or acrylic paint to large areas of your page, you may want to do this step before you add lettering or stamps or drawings.

Acrylic Paint is a thick paint and can hide the text beneath it if applied heavily. It can be watered down and applied with a brush. You can also apply it using the side of a credit card by scraping the paint across the page. This technique applies the paint in a very thin layer so that you can read through it.

Drying time: If you are painting with watercolor, acrylic or any other wet medium, let the page dry completely before adding to it or the paper may tear. A lot of water is not a friend to your delicate Bible pages. When watercoloring use small amounts of water and let the page dry completely before moving on.

Ink Bleed: Some pens, rubber stamp inks, markers and paints will bleed to the other side of the page. Before using a specific product, test it out first on a test page in the back of your Bible. Some artists don't mind the bleed while other people do. It is a personal thing. If a product bleeds to the other side, just go with it and incorporate the bleed into your design on the other page. Remember, it isn't about perfection!

Trace or copy these for use in your Bible. Don't be afraid to personalize with your own colors and lettering style.



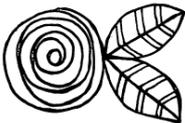
I
AM
the
light
OF THE
WORLD
WHOEVER
FOLLOWS
me
WILL
NEVER
walk
in
DARKNESS

about the author

Katie Harley is an avid Bible Journaler, paper crafter and artist with a passion for Jesus. She loves teaching, sharing and encouraging others. Bible Journaling has allowed her to combine her love of God's Word with her passion for art and making things. In her workshops she inspires people to connect with God through creativity. She encourages each person to embrace their own gifts, not compare with what others are doing and to enjoy the process.

Katie lives in Pittsburgh, Pennsylvania with husband Mark and their two daughters Gabriella & Hannah. In her spare time she loves to go to estate sales, flea markets and art journal.

Contact Katie:

PAPER  PRAISES

www.paperpraises.com

Instagram: @paperpraises

Facebook: www.facebook.com/paperpraises

Email: katiejharley@gmail.com

©Katie Harley 2016

{You are welcome to print & copy this book for personal use.

Please do not copy for sale or reproduce for commercial purposes. Thank you}