**MULTIMEDIA ART JOURNALLING**

Anne-Marie Tuck 2024

I use multimedia art journalling to pause and reflect and meet with God. It has been a real blessing to me since I first discovered it through the work of Jenna Burne. I highly recommend looking at [Jenna’s website](https://www.jennaburne.com/) and her [videos on You Tube](https://www.youtube.com/c/JennaBurneArtJournaling), she is a professional, I am merely someone who uses her methods and ideas to enhance my own time with God.

**HOW LONG DOES IT TAKE?** You don’t need lots of space, or time, but it helps. I often try to set aside at least an hour, and if you do have a space, you can leave the work in between sessions, then you will find you come back to it more easily.

**WHAT DO I NEED?** You don’t need to go shopping – start with what you’ve got!

* **SOMETHING TO CREATE ON**: Paper, or a journal, I often make my own journals from a mix of scrap papers. The base (paper) needs to be strong enough to take layers of glue and paint.
* **SOMETHING TO MARK MAKE WITH:** pens, pencils, crayons, paint, ink, stamps – gather what you have – be creative.
* **SOMETHING TO ADD:** pictures from magazines, old books, newspapers, sheet music, scrap of pretty serviettes, string, tissue paper, seed packets.
* **GLUE:** PVA or Pritt stick or similar, I even use double sided tape and a glue gun.

**WHAT ARE THE STEPS?**

1. **PAUSE AND PRAY:** Take a moment to prepare yourself to meet with God. Some people like to listen to music others prefer silence. This is your time. You may choose a bible verse to start with.
2. **MESS UP THE PAGE/ JOURNAL:** Write/doodle/ journal – it is very unlikely that what you write here will be visible at the end of the process so don’t worry about writing something you do not wish others to read.
3. **ADD COLOUR:** Paint or colour or draw – add some colour to the page.
4. **LOOK FOR IMAGES AND WORDS:** You may choose to prayerfully reflect on the verse and look for images and words that catch your eye from the materials you have gathered. Add these to the page.
5. **PAUSE AND REFLECT:** Look at what you’ve created, see what it is saying, you may choose to rewrite some of the words that have been covered up.
6. **FINISH:** I often use white or black pen to highlight, add edges.

***REMEMBER:*** *This is for you, it is a reminder of your communication with God, it isn’t art that you need to show anyone (but you can if you want to). God will never say anything that is contrary to the bible or his loving character. If you think God is speaking to you about a particular thing or course of action, do meet with a trusted Christian friend to pray and discuss it.*