



Printables, Devo and More!

The Creative Life Studios

with Keri Sallee



GEL Press

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Hello Creatives!

I am so excited to be back for my second year with Bible Journaling Ministries Conference.

In this packet, you will find a few things:

- My complete script of my devotion – I want you to be able to dive deep later if you want!
 - Supply List – These are the materials I use, but of course they aren't 100% necessary
 - Scanned Gel Press Prints – For those of you who might not have a Gel Press or other Monoprinting plate, I wanted to give you some different patterns and prints to play with!
- A few blank printable you can use to create your own habit tracking!

I can't wait to spend some time with all of you.

Creatively in Christ,

Keri Sallee

Devotion

Go with me to your fridge.

Open that special drawer where you keep all of those good intentions of healthy eating ... that are now mushy, gross and maybe a bit slimy.

When you bought them, you had the best of intentions but for whatever reason you got off plan, forgot about them or just gave up.

Our spiritual lives can be the same way. We come home from church or a conference or maybe small group with the belief that we are going to work on ourselves like never before and we “name it and claim it”.... Until we get off plan, miss a day here or there or life gets in the way and we just give up.

Growing the fruits of the spirit in our lives takes work. It takes dedication. It takes commitment.

And it also takes a plan.

In this session let's talk about MANAGEABLE and practical ways we can work toward cultivating the fruits of the spirit in our lives.

One tip I read that I think is great is when you are studying the word, keep a small notebook or piece of paper nearby. Every time something “non study related” pops into your head, write it down. Whether it’s a grocery item, an email you need to send or a birthday reminder.

Write it down.

By writing it down you are letting of the that distractions power and allows you to focus back on the power of the scripture and the words you are reading.

3) Ditch the electronic Bible

This is going to anger some you, but hear me out.

Let’s look at some stats. My personal stats to be exact.

Apple keeps track of your daily phone usage that you can look whenever you would like.

Here are a few of my stats for the past week:

- Total Times I picked up my phone in the last week: 467
- Average Daily phone pick-up times: 117
- Yesterday I received 235 notifications
- Daily Average Notifications: 196
- Messages Received in the Last week: 392

If we look at just my average daily notifications, that is 196 times my phone pulls me away from whatever I am doing.

And let’s do some math... you are awake about 16 hours of the day, so that equals about 12 notifications an hour.

If you are trying to spend time in God’s word on your phone...how often are you going to resist clicking on that Instagram or Facebook or Message notification that pops up?

If it’s me...not very often.

By using a physical bible, you are, once again, controlling the distractions of your life.

And there are also other benefits. Studies show that reading a physical book over an e-book can also have benefits like: absorbing more information, easier on the eyes, better sleep, and is shown to actually amplify the joy of reading.

Also...I want you to consider this... the average American spend about 5.4 hours a day on their phone (yes...some of use work from our phones so it is not all “playtime.”

If your child or niece/nephew or anyone else who looks to you for spiritual guidance sees you on your phone, they have no way of knowing if you are Candy Crushing, Facebooking or reading Psalms.

By taking out and reading from a PHYSICAL book you are, without words, conveying the importance of time with God and time spent in his word.

4) Narrow it down

Depending on the translation, the Bible has about 780,000-810,000 words.

I mean...I am intimidated just writing that.

To give you perspective, Leo Tolsty's War and Peace only has about 587,000, while Gone with the Wind (the longest book I've ever read) has 418,000.

It can be intimidating to sit down with your Bible and Figure out what to read or where to start when there are so many words staring back at you.

Even the "reading the Bible through in a year" plan might scare you.

So...narrow it down.

Decide before you sit down what you are going to read and have a plan.

Maybe read through the gospels or the Psalms.

I had a college professor who read a chapter of Proverbs every morning of the month because there are 31 Proverbs, and most months have 30-31 days. SO, he read the book of Proverbs 12xs through every year.

Studies show that reading just 20 minutes a day can expose you to almost 2 million words a year.

2. MILLION.

That is 2 million God breathed words you can study each year with only 20 minutes a day.

We can get so caught up in thinking that it is about the QUANTITY of the Bible we study, when it is really about the QUALITY of our studying that really matters.

Places like She Reads Truth.com or the YouVersion Bible app have free study plan to help you focus and narrow down the Bible into bite size chunks.

God would rather see you read a verse a day than to see your Bible dusty on the shelf.

5) Create a Tracker!!

Also known as a habit tracker, a tracker is a creative and visual way to document a particular aspect of your life.

Some people use them to track moods or birthdays or productivity or cleaning schedules or workout routines.

The sky is really the limit of what you can “track.”

Why do they work?

It is a three-fold concept:

1) It reminds us to act. If you know that you will be held accountable for filling out that chart, you will be more likely to do it. It's like the reading chart you had to fill out in elementary school. Chances are you wouldn't have read any of those books if the accountability of that chart didn't exist.

2) The filled in parts give your brain an instant sense of accomplishment. You don't have to remember how long ago you started reading. You can easily and visually see how far you have come.

3) The empty parts...those are the challenge. I don't know about you, but I love a good challenge! All studies show that goals are achieved by small, sustainable steps and the boxes encourage you to take one small step forward each day.

So there you go...5 practical things you can do to help cultivate the fruits of the spirit in your life:

- 1) Pray and read aloud
- 2) Manage distractions and to-dos
- 3) Ditch the electronic Bible
- 4) Narrow down what you are reading
- 5) Create a tracker

Which is exactly what we are going to do right now!

In our creative time I am going to show you 3 types of trackers that you can use to help encourage and motivate you through your journey.

Supplies

Like I said earlier, these are just the supplies I used, but there are so many creative ways you can create. These are just for inspiration

Gel Press monoprinting Plate – gelpress.com

Acrylic Craft Paints

Stencils & Foam Stamps – The Creative Life Studios

Paint Pens – Edding and Posca

Printed Dot paper (I included a few options in these papers for you!)

Stamps

Inks – Archival Ink and Distress Oxides from Ranger

Sharpie or other Black

Fun Pens and Markers

Other Ideas:

Stickers

Patterned Paper

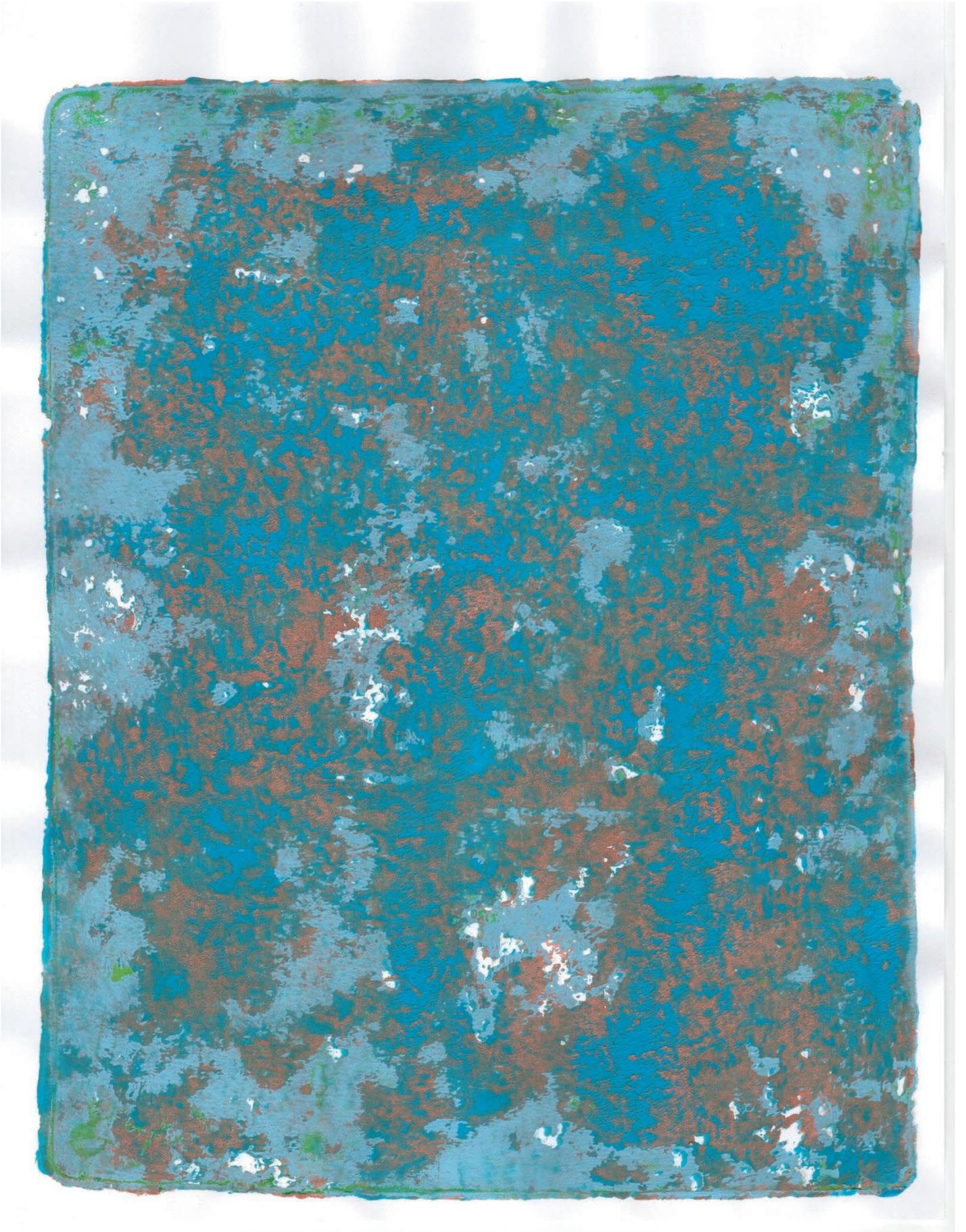
Whole Punch

Binder

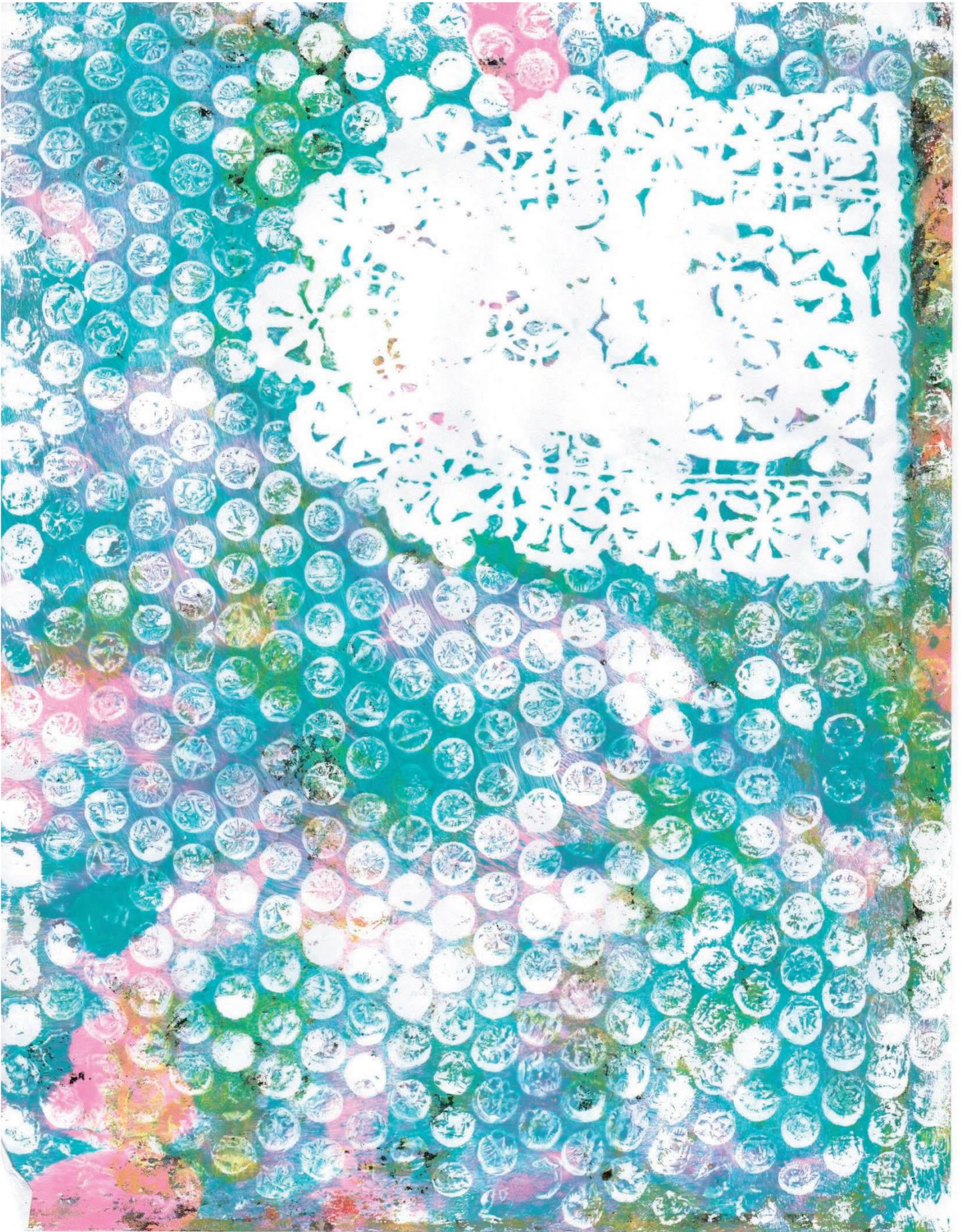












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