

# Month 5 Healing Art Project

## The Guarded Garden Gate

Begin by lightly sketching a simple garden scene on your paper with a visible gate dividing the inside from the outside. Inside the garden, write the qualities you sense God has been forming in you during Month 5, such as peace, discernment, steadiness, trust, or obedience. These represent what He is cultivating in your inner soil. Outside the gate, write the influences, patterns, or voices that no longer have permission to shape your heart, such as striving, comparison, fear-driven urgency, or overexposure. Paint the garden with calm, natural tones to symbolize life and stability, and paint the gate intentionally to represent wisdom and protection. Finally, write Proverbs 4:23 on the gate as a reminder that guarding your heart is an act of stewardship, not isolation.

Supplies: 7x5 or 9x12 mixed media paper or canvas board, pencil and eraser, fine-tip black pen, acrylic or watercolor paints in greens and earth tones, paintbrushes, water cup, and paper towels. Optional metallic paint may be used to highlight the gate.

