

{ practices for paying attention }

zentangle



*“In him the whole structure is joined together...
in whom you also are built” - Ephesians 2:21*

Sometimes we count ourselves out. Take a moment to consider the fact that God is using you in what He is building. Take your place in God's purposes.

Take a piece of paper and some pens or pencils. Draw six three-inch squares on your paper. These squares will outline the shape of your Zentangle. Use a pen or pencil to draw strings. Strings are the lines that divide the squares into individual sections. Draw straight, wavy or spiral strings, whatever you fancy... Now fill each section with a repetitive pattern. Don't spend time planning a pattern, just draw. Repeat this for each square. Change the patterns and get creative! Add colour to the areas you would like to define.