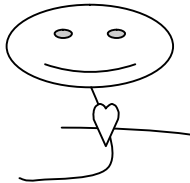


# Quick Start Page

## 5 Step SketchaJournal Program for the Christian Heart

(with examples)

1. **Meditate:** What word is surfacing for you right now?  
(tired, worried, family, hope, aging, end of life, low energy)
2. **Contemplate:** What does this mean? Sit with it and ponder.  
Find relevant scripture with a concordance  
You can look for the word tired or the opposite which could be renew  
(Renew: 2 Corinthians 4:16 We are not discouraged rather, although our outer self is wasting away our inner self is being renewed day by day.)
3. **Activate:** **Sketch the image of the scripture, and journal using your heart and mind to discover a message of hope and happiness in your life.**



4. **Liberate:** Decide what your next step will be and act on it.  
  
(How can I take care of my body so it is not wasting away? I will have a glass of water a healthy snack and ensure I have a good night's rest for tonight.)
5. **Celebrate:** Thank God for inspiring your personal journey, and commit to an activity that renews you.  
(I will have 10 minutes of quiet time to be in the presence of God and write down 10 things I am grateful for.)