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Creative Sister!

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Heart of Worship

30 DAY MIXED MEDIA CHALLENGE

BY ANSU ART



USE YOUR STAMPS



MY

IDENTITY



IN

CHRIST

How to Use This Challenge Daily

1. Set Aside a Small Pocket of Time

Choose a consistent time each day—even 10–15 minutes is enough. Keep it gentle and realistic.

2. Prepare a Simple Creative Space

Keep your basic supplies within reach: journal, stamps, ink/paint, and a cloth or wipes. The easier it is to start, the more consistent you will be.

3. Read the Focus Word for the Day

Begin by quietly reflecting on the word. Let it settle in your heart before you start creating.

4. Invite the Lord Into Your Time

Take a moment to pause, breathe, and pray. This is your time with Him—your page is your response.

5. Apply the Stamping Technique

Use the suggested technique for the day in a simple way. Don't overthink it—explore and play.

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How to Use This Challenge Daily

6. Work in Layers, Not Perfection

Build your page step by step. Allow imperfection, texture, and process to be part of the beauty.

7. Keep It Simple

You don't need to use everything. One stamp, one layer, one idea is enough.

8. Respond, Don't Perform

Let your page reflect where your heart is today. There is no right or wrong outcome.

9. Pause and Reflect

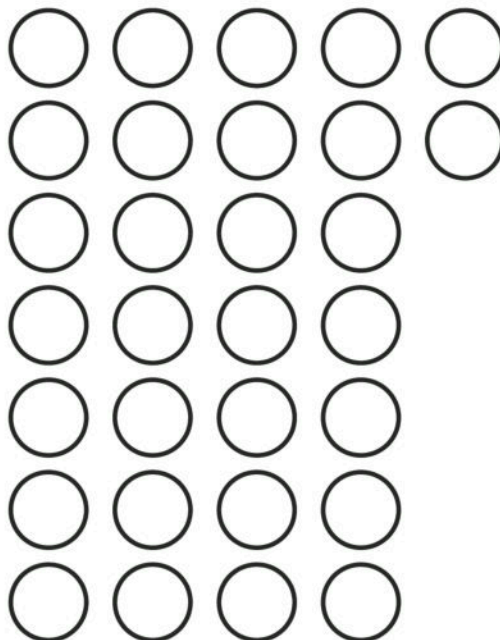
When you're done, take a moment to look at your page. What stands out to you? What is God highlighting?

10. Close Your Time Gently

End with a short prayer or a quiet moment of gratitude before moving on with your day. Gentle reminder: This challenge is not about finishing perfectly. It is about showing up faithfully.

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Track my Progress

Heart of Worship

30-DAY MIXED MEDIA STAMP CHALLENGE

Marked by His Presence • Created to Worship

WEEK 1: FOUNDATIONS OF WORSHIP

- Day 1 – Worthy – Gel plate + texture stamps
- Day 2 – Adoration – Repeated floral stamping
- Day 3 – Surrender – Distress Oxide + stamping
- Day 4 – Reverence – Water stamping on ink
- Day 5 – Delight – Butterfly pattern stamping
- Day 6 – Stillness –
Tone-on-tone texture stamping
- Day 7 – Faithful – Numbers + alpha stamping

WEEK 3: CREATIVE WORSHIP

- Day 16 – Offering – Stamp + cut elements
- Day 17 – Devotion – Handmade carved stamp
- Day 18 – Yielded – Foam stamp printing
- Day 19 – Aligned – Stencil stamping
- Day 20 – Redeemed – Stamping over collage
- Day 21 – Created – Nature stamping
- Day 22 – Abide – Scripture layer + stamping

WEEK 2: EXPRESSION OF WORSHIP

- Day 8 – Praise – Acrylic paint stamping
- Day 9 – Overflow – Watercolour stamping
- Day 10 – Joy – Marker stamping
- Day 11 – Freedom –
Gelatos / acrylic crayon stamping
- Day 12 – Peace – Chalk ink stamping
- Day 13 – Truth – Permanent ink stamping
- Day 14 – Holy – Pigment ink + heat embossing
- Day 15 – Presence – Gel plate reverse stamping

WEEK 4: LAYERED WORSHIP

- Day 23 – Exalt – Alpha stamp words
- Day 24 – Magnify – Sentiment stamping
- Day 25 – Glory – Resist embossing
- Day 26 – Light – Metallic highlight stamping
- Day 27 – Beauty – Cluster stamping
- Day 28 – Near – Minimal stamp focus
- Day 29 – Refined – Layer, cover, reveal stamping
- Day 30 – Belong – Signature mixed stamp page

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Worthy
Gel plate +
texture
stamps

Day 8
Praise
Acrylic paint
stamping

Day 15
Presence
Gel plate
reverse
stamping

Day 22
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Scripture
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Layer, cover,
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Day 9
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Alpha stamp
words

Day 30
Belong
Signature
mixed stamp
page

Day 3
Surrender
Distress Oxide
+ stamping

Day 10
Joy
Marker
stamping

Day 17
Devotion
Handmade
carved stamp

Day 24
Magnify
Sentiment
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Day 4
Reverence
Water
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ink

Day 11
Freedom
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acrylic crayon
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Day 18
Yielded
Foam stamp
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Day 25
Glory
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Day 5
Delight
Butterfly
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Day 12
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Stencil
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Day 26
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Day 6
Stillness
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Day 13
Truth
Permanent
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Day 20
Redeemed
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Day 27
Beauty
Cluster
stamping

Day 7
Faithful
Numbers +
alpha
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Day 14
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Pigment ink +
heat
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Day 21
Created
Nature
stamping

Day 28
Near
Minimal
stamp focus

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curated art
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WORTHY
ADORATION
SURRENDER
REVERENCE
DELIGHT
STILLNESS
FAITHFUL
PRAISE
OVERFLOW
JOY
FREEDOM
PEACE
TRUTH
HOLY
PRESENCE
OFFERING
DEVOTION
YIELDED
ALIGNED

REDEEMED
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COVERED
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HELD
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ESTABLISHED

TRUST
OBEDIENCE
SUBMISSION
DEPENDENCE
HUMBLE
SET APART
SANCTIFIED
REDEEMED
IDENTITY
RIGHTEOUS
CLOTHED
RENEWED MIND
TRANSFORMED
SECURE
CONFIDENCE
BOLDNESS
HOPE
ASSURANCE
INTIMACY
NEARNESS
FAITH





