



# Bible Journaling

## GUIDE

# HOW TO: *Start Bible Journaling*

**All you really need to get started with Bible journaling is a Bible, a pen and most importantly... God!**

If you are looking to get a little more technical though, here is a list of items we find most helpful when starting out journaling. Not all are essential, you may choose one medium over another, but we find this to be a good general start.

## TOOLS

- JOURNALING BIBLE
- COLORED PENCILS
- LEAD PENCILS
- ERASER
- PRECISION PENS
- ACRYLIC PAINT
- WATERCOLOR KIT
- WASHI TAPE
- HIGHLIGHTERS
- TRACING PAPER
- STICKERS - TABS, FLAGS, AND MORE!

# TYPES OF: *Journaling Bibles*

## **COLORING & CREATIVE:**

This type of Bible features illustrations in the margins to color. There are also plenty of blank margins for you to jot down your reflections and notes. Perfect for anyone who is brand new to journaling and may not consider themselves particularly artistic... yet!

## **2-COLUMN:**

Much the same as the single column, this Bible has two columns of text side-by-side on each page. However, it still features perfectly wide margins for journaling.

## **SINGLE COLUMN:**

This is perhaps the most common choice when choosing a journaling Bible. This Bible features a single column of text on each page with a nice wide margin for your notes and creative journaling.

## **INTERLEAVED:**

Featuring a full blank page after every page with text, the interleaved version is great for those looking for a lot more space to journal and are okay with drawing and lettering on pages without lines.

## **NOTE** \_\_\_\_\_

This is a general guide, please be sure to check the specific details of your journaling Bible before purchasing.

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# TYPES OF Pens

One of the most common questions we receive about Bible journaling is what pens and pencils are safest to use on thin Bible pages. Below is a rough guide to help you on your way!

## “SAFE” PRODUCTS

*(no bleeding/ghosting)*

COLORED PENCILS

CRAYONS

BIBLE HIGHLIGHTERS

## PRODUCTS THAT CAN WRINKLE YOUR PAGE

WATERCOLORS

WATERCOLOR CRAYONS

ACRYLICS

## PRODUCTS THAT CAN BLEED THROUGH PAGES

*(seen through the page)*

FELT-TIP PENS

SHARPIES

HIGHLIGHTERS

INK STAMP

INK-BASED PENS AND MARKERS

GEL PENS

MICRON PENS

BALL POINT PENS

ACRYLICS

## TIPS & HINTS

Experiencing bleed through? Fear not! A simple solution is to lightly paint over the margin with white paint. This will give you a good base to start journaling on the next page. Don't worry too much if your page wrinkles... it will flatten out under the weight of your Bible in time. Plus, we think it adds just a little more character to your Bible!

## NOTE

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This is only intended as a guide, and is by no means comprehensive or exhaustive. Please ensure you test supplies in the back of your Bible first.

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# Getting Started

*We get it.* It can be scary to think about putting pen to paper in your Bible, especially if it is something you haven't done before. That's why we have created a step-by-step guide to help make it as easy as possible.

## 1 CHOOSE A VERSE YOU ARE FAMILIAR WITH

A verse you know inside and out – or something that means a lot to you personally. This might help inspire your creative juices and ease any worries.

## 3 SELECT THE MOST IMPORTANT WORDS

Identify the most important words in what it is you want to journal. Once you have done this, you can design the style and layout of your work around these words.

## 5 OUTLINE AND ADD COLOR

Use a pen to outline your work and then add color with pencils, acrylics, crayons – whatever your tool of choice is.

## 2 REFLECT ON THE VERSE

Everyone has their own preferred way of doing this. Whether you like to pray first, do some background research, or just dive straight in – it is totally up to you!

## 4 SKETCH IT OUT *(or practice)*

Grab your pencil and create thumbnail sketches of various possible design ideas (*see page 22 for thumbnail boxes*). Choose the thumbnail you think has the most potential and begin to refine until you have an outline of a design you are happy with.

## 6 ADD THOSE FINAL TOUCHES

A little washi tape here, a stamp or two there – add all the lovely little extra bits and pieces to finish your creation.

# TYPES OF *Hand Lettering*

There are so many different types of lettering styles you can use in your Bible journaling! Here is a sampling of some popular styles.



Praise the Lord

TALL & SKINNY

*Praise the Lord*

CALLIGRAPHY

Praise the Lord

SERIF

Praise the Lord

SANS-SERIF

Praise the Lord

BLACKLETTER

*Praise the Lord*

SCRIPT

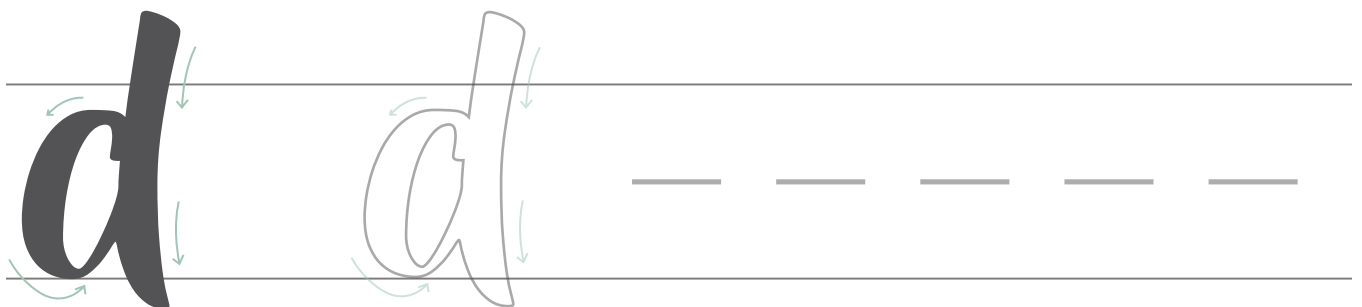
**PRAISE THE LORD**

BLOCK



# LETTERING PAGE Practicing Script Letters

Trace the letter shapes by following the arrows, then use the space to the right to practice on your own and fill in your downstrokes.



e e \_\_\_\_\_

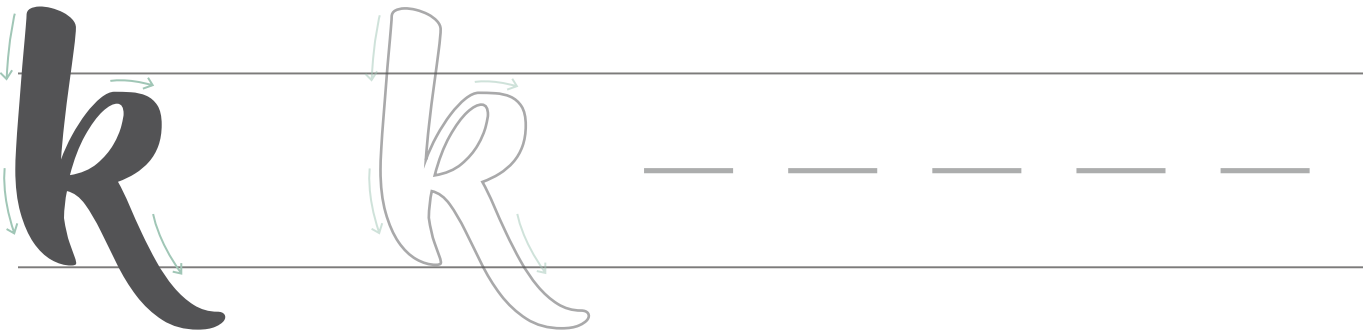
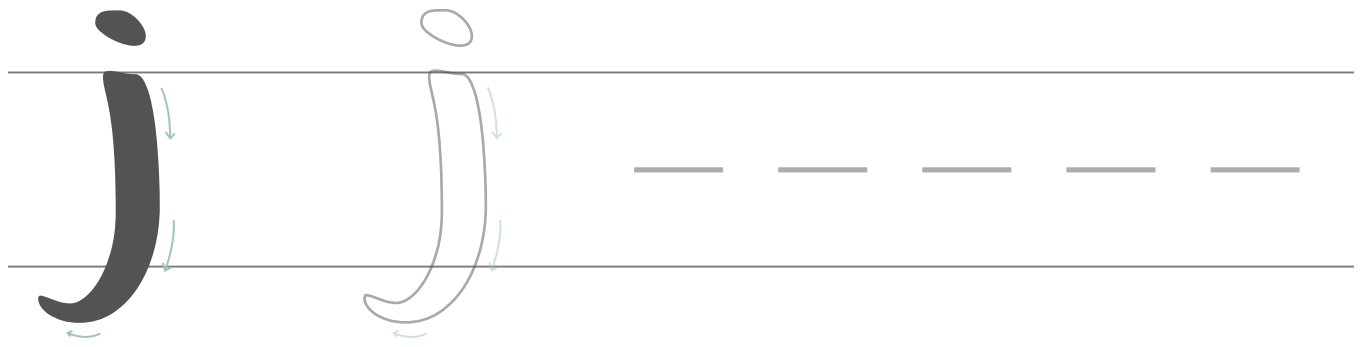
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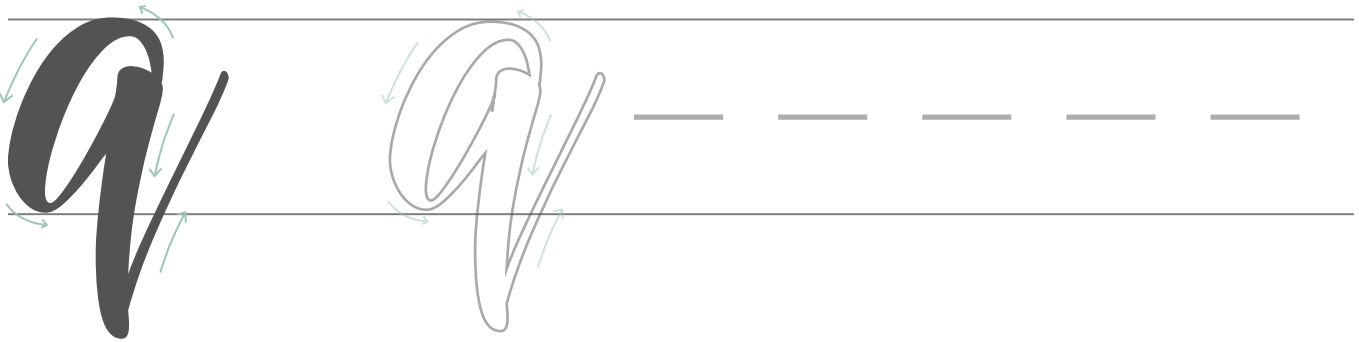
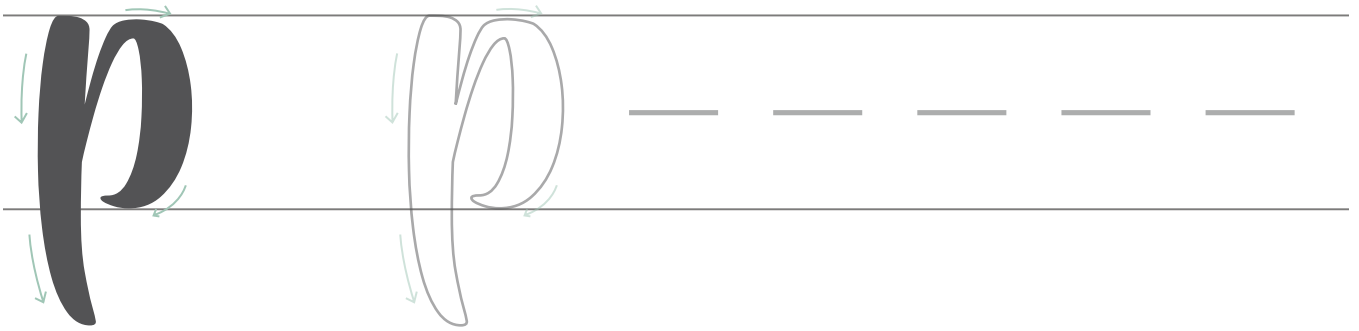
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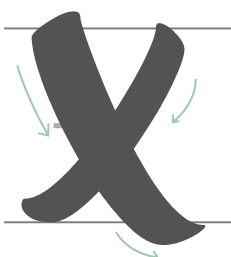
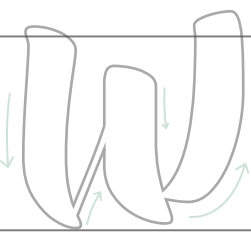
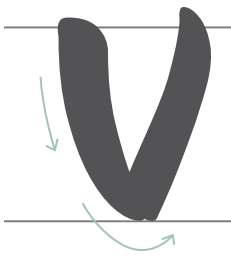
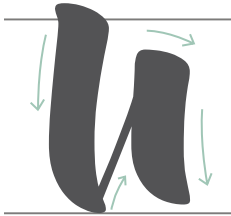
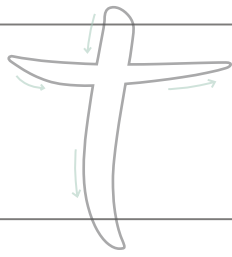
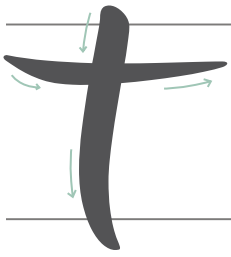
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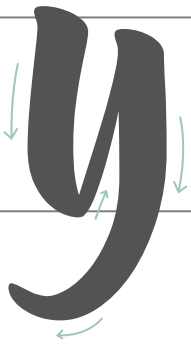
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LOWERCASE *Alphabet Reference*

a b c d e f g

h i j k l m n

o p q r s t

u v w x y z

Rejoice Rejoice

Lord Lord

Amen Amen

Grace Grace

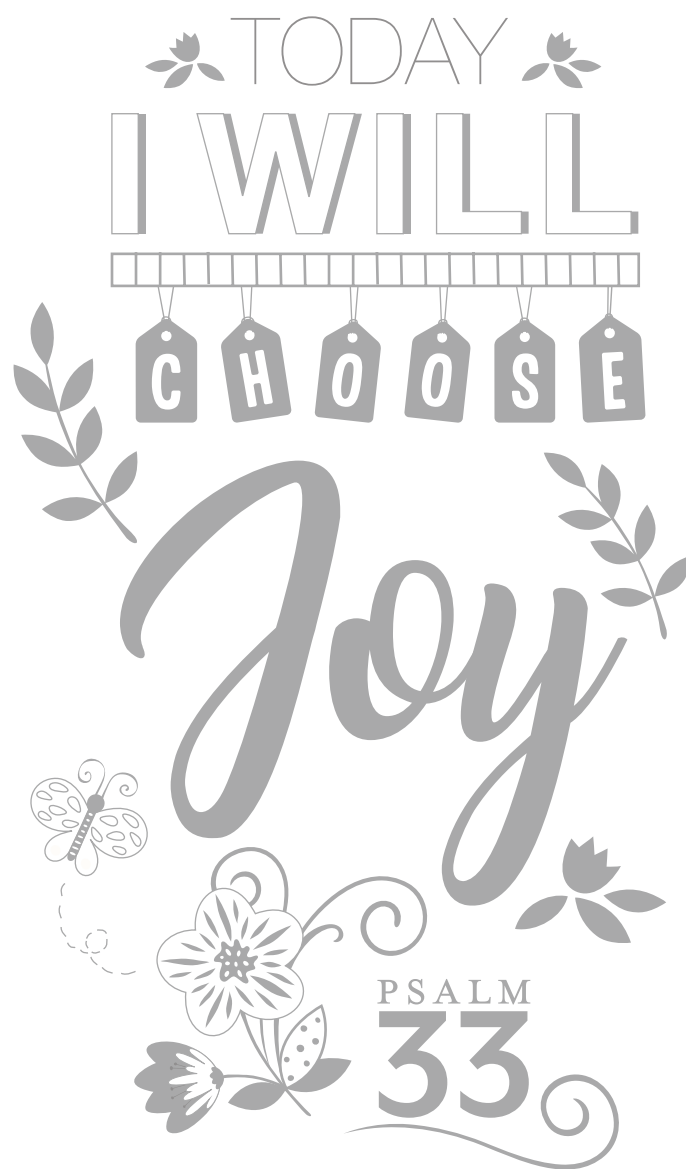
# Tracing Samples

I  
have  
loved  
YOU  
WITH AN  
everlasting  
— LOVE —

Jeremiah 31:3

I AM  
the  
vine  
you are  
the  
branches  
JOHN  
15:5

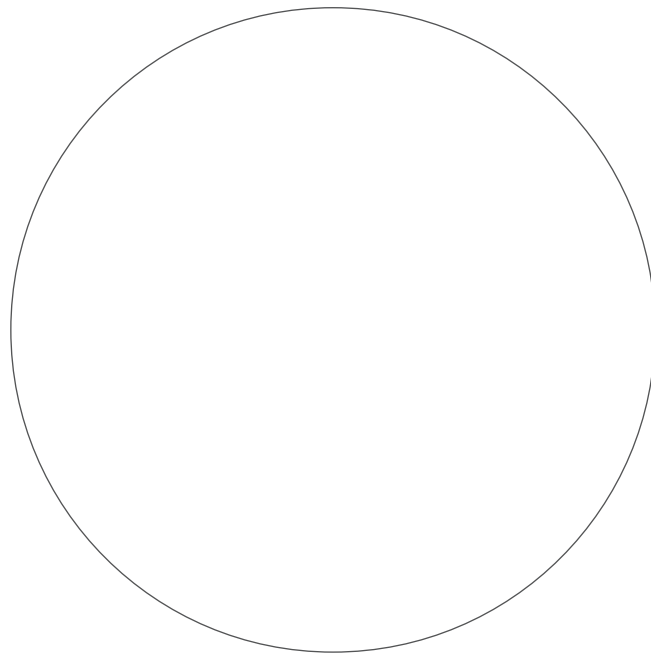
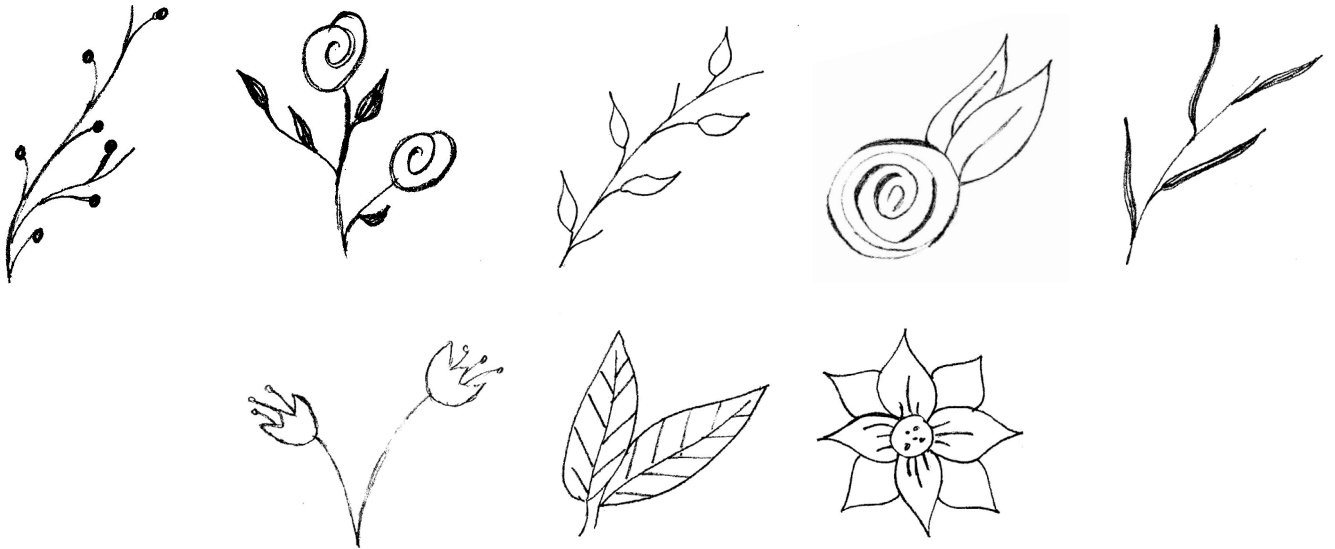
# Tracing Samples





# HOW TO DRAW: *A wreath*

Use a collection of botanical elements and add them to the circle below to create a wreath.

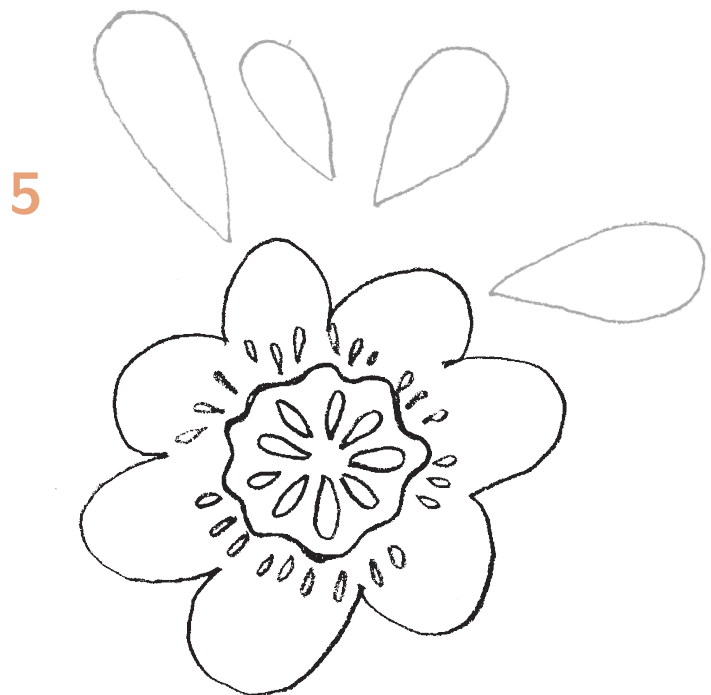
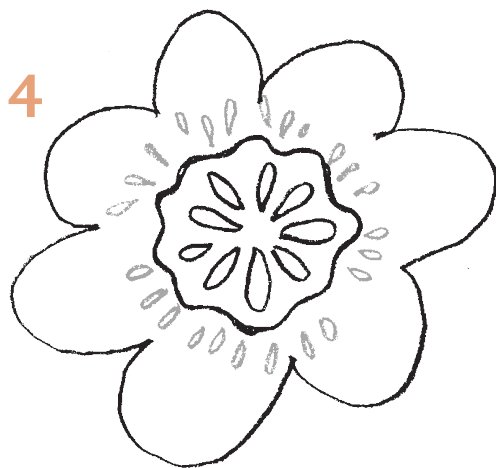
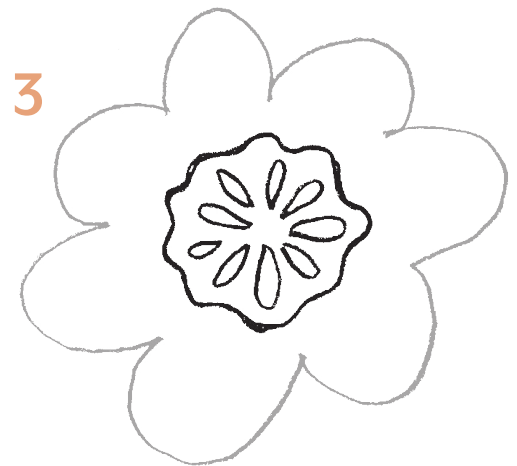
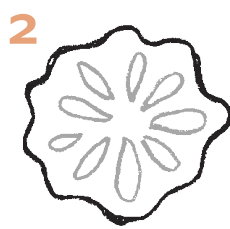
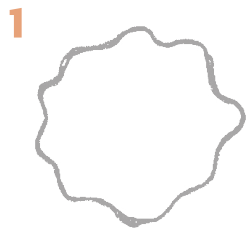


## TIPS & HINTS

Remember the rule of thirds! This is the idea that by dividing your working space into three equally sized horizontal and vertical sections, the resulting grid will provide a “roadmap” of where to place the elements of your design.

# HOW TO DRAW: *Flowers*

Line drawing step-by-step



# HOW TO DRAW: *Flowers*

Line drawing step-by-step

1



2



3



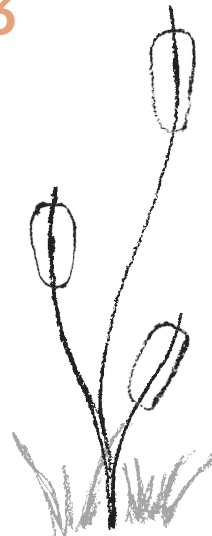
1



2



3



# Practice Page

Dots to practice drawings and hand lettering.



# Practice Page

Lines to practice hand lettering.

Handwriting practice lines consisting of ten sets of three horizontal lines each. Each set includes a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.



# Practice Page

Use these boxes to create thumbnails sketches for your next project.


# Tips & Tricks

## HAVING TROUBLE WITH TEXT “GHOSTING” ON THE OTHER SIDE OF THE PAGE?

You can always paint white over the page for a clean canvas to work with!

## NOT READY TO DRAW IN YOUR BIBLE?

Grab a notepad to work in... just until your confidence builds.

## DON'T CONSIDER YOURSELF AN ARTIST?

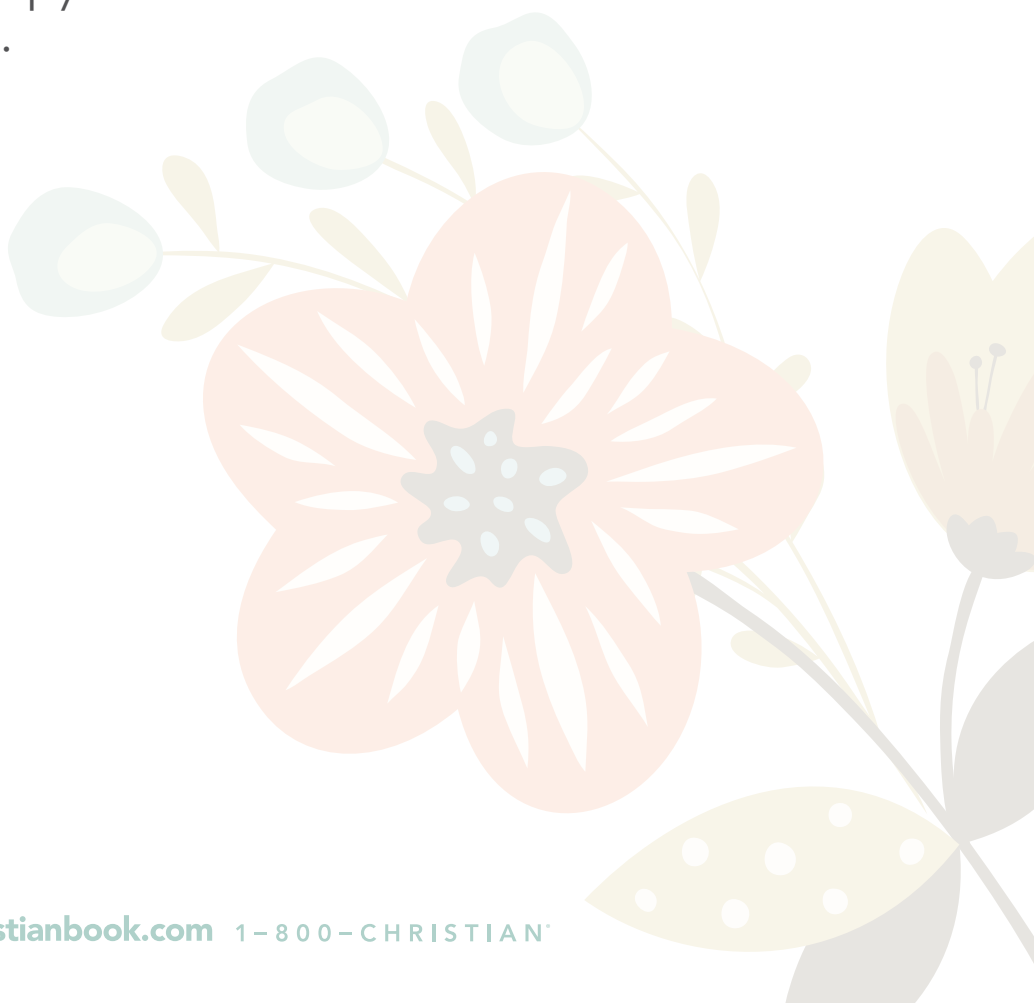
Why not try tracing! Bible pages are thin enough that you can simply trace illustrations onto your page.

## ALREADY FILLED A MARGIN, BUT HAVE MORE TO ADD FOR THAT VERSE?

Use sticky notes... or washi tape! Simply grab a piece of cardstock and use washi tape to stick it in between the pages. You can also add photos and other media this way too.

## MADE A MISTAKE?

Don't stress! Just carry on and start again... it is all about the process and you are sure to learn as you go.



# 31-DAY Challenge

Looking to kickstart your Bible journaling? Take our 31-day challenge and get creative each day with the below Bible verses. If you post on social media, be sure to use #everythingchristian to share your progress with us (and for a chance to be featured on our feed!).

- DAY 1 – Matthew 5:16
- DAY 2 – John 16:33
- DAY 3 – Hebrews 6:19
- DAY 4 – Galatians 5:22
- DAY 5 – John 3:16
- DAY 6 – Mark 11:24
- DAY 7 – Romans 8:31
- DAY 8 – Luke 12:27
- DAY 9 – Proverbs 3:6
- DAY 10 – Psalm 23:1
- DAY 11 – Isaiah 40:8
- DAY 12 – Philippians 4:13
- DAY 13 – Isaiah 12:2
- DAY 14 – Galatians 6:9
- DAY 15 – 2 Samuel 22:29
- DAY 16 – Matthew 7:7
- DAY 17 – Colossians 3:12
- DAY 18 – Romans 12:12
- DAY 19 – Luke 6:31
- DAY 20 – Psalm 46:10
- DAY 21 – Ruth 1:16
- DAY 22 – Psalm 26:8
- DAY 23 – Proverbs 4:23
- DAY 24 – Revelation 21:5
- DAY 25 – Isaiah 43:2
- DAY 26 – Jonah 2:9
- DAY 27 – Psalm 147:4
- DAY 28 – Jeremiah 29:11
- DAY 29 – Ephesians 4:2-3
- DAY 30 – Joshua 1:9
- DAY 31 – Psalm 27:1