



Crystabella
STUDIO

WEAVING HOPE

*Spinning Your Web of
Creativity and Growth*

WITH LORI POFF KELLOGG

LESSON 2



YOUR LIFE WEB:

MAPPING STRUGGLE, PERSEVERANCE, AND HOPE

Wanting to have hope in our lives isn't a new pursuit...it has always been a journey.

In this lesson, we'll consider a verse from the Bible for its ancient wisdom.

Then create a spider web that symbolizes the various aspects of your life—relationships, health, money, spirituality, or whatever aspect that is important to you.

Allow yourself time to reflect on where you are on the spectrum from suffering to hope, understanding that perseverance and character are vital steps along the way.

Just like a spider spins her web—patient, resourceful, and persistent—we'll create a visual to represent how different parts of our lives are interconnected, strengthening our overall resilience.

THE BEAUTY IN IMPERFECTION

I originally set out to paint a mandala—a circular symbol often used for meditation and spiritual guidance. You've probably seen them in art, on painted rocks, or in adult coloring books.

Mandalas represent the interconnectedness of life and the universe. They are often associated with peace and balance.

But as I worked, my perfectionism kept interfering. I wanted it to be flawless, but that pursuit of perfection became a trap. So, I let go, and my mandala transformed into a spider web.

Unlike a mandala, the spider web doesn't demand perfection—it embraces the messiness of life and reflects who we are in all our beautiful imperfection.

"Perfectionism is a trap. Embrace the messiness, because that's where growth happens."

Materials You'll Need:

- White paint
- Gloss glazing liquid
- White Posca acrylic paint pen
- Small flat paintbrush

ROMANS 5:3-5:

ANCIENT WISDOM FOR MODERN LIVES

As our guide, we'll also tap into an ancient piece of wisdom from the Bible: Romans 5:3-5.

This verse says,

"We rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

This isn't about theology—it's about acknowledging a timeless truth.

As we map out our own spider web, this progression will be our guide.

As much as we would like it to, life doesn't jump from suffering straight to hope. It's in the perseverance, in the daily effort, that we build the character needed for true, lasting hope.

STEP-BY-STEP: PAINTING YOUR LIFE WEB

1. Start in the Middle:

- Begin by painting a small circle in the center of your canvas. This is the core of your web—and the core of who you are.

2. Draw Your Lines:

- From the circle, draw 6 to 8 lines radiating outward, like the spokes of a wheel. Each line represents a different aspect of your life—relationships, health, money, spirituality, career, or others important to you.

3. Map the Journey:

- Mark three points along each line:
 - The center represents suffering.
 - The next point is perseverance.
 - The third is character.
 - And at the end, near the outer edge of your painting, is hope.
 - You can label each point clearly, or not.

4. Reflect and Assess:

- Think about each area of your life. Where are you on the spectrum from suffering to hope?
 - For example, in the area of finances, maybe you've struggled with debt (suffering), but you've been working hard to budget and save (perseverance). That perseverance has shaped your character—now you're more responsible with money. Maybe you're just beginning to see hope on the horizon.
 - Or, in terms of relationships, you may still feel like you're persevering through some hard times, but this effort is building strength in your connection with others.
- Take some time to pause, reflect, or even journal.

5. Connect the Lines:

- Once you've mapped out where you stand in each area, connect the points between your lines. This creates the spider web—a powerful visual reminder that all areas of our lives are interconnected.

"The journey from suffering to hope isn't linear. Every step of perseverance we take builds the character that carries us toward hope."

Further Exploration:

- Read more about mandalas: Research how mandalas have been used for centuries in meditation and spiritual practice.
- Watch a TED Talk on perseverance: Consider watching talks that focus on grit, perseverance, and how these qualities shape success in life.

Read Romans 5:3-5: Reflect on how this passage resonates with your personal journey through struggle and hope.

Journal Prompts for Reflection:

1. *Where am I currently experiencing suffering?*
2. *What daily habits or practices represent perseverance for me?*
3. *How has my perseverance shaped my character?*
4. *Where in my life do I feel hope starting to emerge?*
5. *Which areas are still in need of more character-building perseverance?*

The Takeaway:

- **Every area of life is interconnected, and struggle in one area can impact others, but so can hope.**
- **Perseverance is essential. It's through daily effort and commitment that we build the character necessary for true, lasting hope**