

she said...  
**HE SAID...**

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**SHE SAID...**



**HE SAID...**

I give  
victor  
Jesu

# She said... He said...

Moving from victim to victor  
through God's Word

Sandy Allnock  
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Welcome to Bible study!

I'm Sandy Allnock, and I'm humbled to be able to bring you a few weeks of study in God's Word!

A little about me: I'm a dogmom, an artist, crafter, author, and art teacher, and someone who loves to see people step into their God-given creativity. The book I wrote, "Bible Journaling Made Simple," is all about creating spirit-filled artwork on the pages of a journaling Bible. (There's also a workbook by the same title with Bible paper in it for practicing and journaling.) The books are available in the bookstore as well as on Amazon.

I was raised in the Church, but didn't receive Jesus fully until in my 20s; I've been a part of Northwest Church since 2001 when I moved into the neighborhood. What a blessing our Church has been in my life!

I'm not a Scripture scholar - so I'm a little intimidated by the idea of leading a Bible study, but as I heard someone say many years ago, I'm just one beggar showing another beggar where I found some bread. Sometimes that's all we have to offer each other - but the Lord can really use that to bless others!

God's been teaching me to listen to the conversations in my own head - the words I mindlessly mull over, unknowingly convincing my heart of untruths. As He has unspooled some of these for me, I share them with you, in hopes that you, too, can hear what God would truly say to us - the truth of how things are, not the lies that the enemy would have us take on!

There's a creative component in this 5 week Bible study - but don't worry! You can make it complex if you desire, or keep it really simple, all depending on what YOU want to do.

- We'll make a very simple folded journal out of watercolor paper.
- Each week you can create something on one panel that expresses what God has brought to your attention that week; it can be an illustration of that idea, or just words on paper. Anything is acceptable!
- You'll receive a "dot card" with blobs of watercolor paint - with a watercolor brush (you can pick up one at the store or borrow from your kids!) to add color if you wish.
- You'll also receive a black sharpie pen - it's waterproof so you can paint whatever you draw or write.

Each week I'll show you a quick example of a simple way to use watercolor. But if you're crafty or artsy, you can do whatever you wish in your journal! Get out patterned papers, stickers, stamps - whatever you'd like to use to express yourself.

If you need help or talked down off a ledge as you try to create your art, please feel free to reach out - [sandy@sandyallnock.com](mailto:sandy@sandyallnock.com). If you want to try to draw something specific, I might have some suggestions to help you do it in a simple way!

At the start of each session, we'll have the chance to share with others in small groups - either the homework answers that you've written down, or your artwork or journaling created. If you wish your art to remain private, that's okay, but I do pray you'll be brave and share with your sisters in Christ; you have no idea how sharing your art could be exactly what someone else needs to hear from the Lord!

Let's get into the Word!

A handwritten signature in black ink that reads "Sandy". The signature is written in a cursive, flowing style with a large loop at the end.



## Week 1 Study at home

1. In what area(s) have you believed you are not “enough”?

2. Read Philippians 4:13. What kinds of things might you be able to do if you relied on Christ's strength, not your own?

3. How does Psalm 138:6 comfort you to know that God sees you?

4. Read 1 Corinthians 1:26-29. Who do you know in your own life who may not be called influential or noble - yet has been used by God? What have you learned from them?

5. Read I Samuel 16: 6-13 and Jeremiah 1: 5-9. What characteristics would YOU use in choosing a leader? Do yours align with God's perspective?

6. Read Luke 6:46-49. How deep is your foundation? List your current Bible study habits daily/weekly, and write down one idea to increase the time spent with the Lord this week.



Week 2 Study at home

1. What areas are you most likely to experience jealousy of another person?

2. In what ways has God made YOU fearfully and wonderfully (Psalm 139:13-17)?

3. In whom does the Lord delight in each of these verses?

Proverbs 11:20 \_\_\_\_\_

Psalm 147:10-11 \_\_\_\_\_

Proverbs 3:11 \_\_\_\_\_

Psalm 149:4 \_\_\_\_\_

Psalm 35:27 \_\_\_\_\_

4. How will God act as He takes His great delight in you in Zephaniah 3:17?

5. As a child of God, what inheritance do you have?

John 1:12-13 \_\_\_\_\_

Ephesians 1:13-14 \_\_\_\_\_

1 Peter 1:4 \_\_\_\_\_

2 Corinthians 1:22 \_\_\_\_\_

Hebrews 11:10 \_\_\_\_\_

6. Luke 12:6-7 promises the hairs on your head are numbered; make a list of other concerns that you can trust are cared for by God:

7. What is the scale of the love of God described in Ephesians 3:17-19?

8. How can Colossians 3:2-3 help keep your mind clear and focused on your life in Christ?





## Week 3 Study at home

1. What are some of the consequences of sin in Genesis 3 that the world must deal with?

2. What is the Spirit's goal when interceding for us in Romans 8:27?

3. Read Romans 8:28 . What are some examples in your life where you have seen God working for your good?

4. What are some of the areas in your life right now where you are waiting to see God work for your good?

5. Read James 1:2-4. Have you ever experienced joy during a trial when others would think that is not reasonable? Have you seen someone else exhibit joy in hardship? Describe what that looks like.

6. In Romans 8: 35-39, list hardships will not separate you from the love of God. Do your own hardships belong on that list?



## Week 4 Study at home

1. Read Psalm 139:16. How many of your days were foreknown? How does that comfort you?

2. In 1 Thessalonians 3:2-4, God sent encouragement in advance of trials. Has God ever prepared you for hardships that you have faced? How did He use your past for good?

3. In Job 5, Job's friends brought him mixed messages: list some that you'd consider encouraging and others that might be received as condemning words.

4. What do you think "taking heart" means in John 16:33?

5. Read Deuteronomy 7:19. Recount a time God has been faithful while you underwent a hardship or trial.

6. What are you anxious about right now? What does Philippians 4:6 instruct you to do?

7. Read 1 Corinthians 15:57. How could you exhibit trust in His victory?



## Week 5 Study at home

1. Read Genesis 50:15-21. What characteristics does Joseph exhibit that you would like to emulate?

2. In Luke 23:34, is Jesus forgiving people only who are penitent? What can we learn from His example?

3. In Romans 12:14-21 we are told how to behave toward those who hurt us. In your life today, is God calling you to treat someone with this kind of love?

4. What could you replace the sins listed in Ephesians 4:31-32 with?

5. How close are the love and faithfulness to you in Proverbs 3:3? Can you think of a way to add a reminder?

6. What unexpected act of kindness could you take this week to obey Jesus' command in John 13:34? Report back to your discussion group about how your love was received.

7. In what way can you see fruit of the new creation in 2 Corinthians 5:17 in your life?



# The purpose of journaling

Creating an artistic or poetic response to Scripture has a purpose beyond just making something pretty. It's to document the answer to the question:

**WHAT DID GOD SAY TO ME?**

Not what He said to Sandy. Or anyone at your table. Or your spouse or best friend. Spend some time listening, and ask God to show you Himself:

- What did you learn about God's character?
- Did the Lord reveal something in your heart you never noticed before?
- Did He provide an action to take?
- What popped out when you read the Scriptures - what verse, phrase, or word stuck in your mind? Does it apply to a situation in your life right now?

Remember that this is YOUR journal. If you feel artsy, get artsy. If you have supplies at home and want to do something of your own volition - please do! You can scrapbook, add stickers, add pictures or collages - anything you want.

Two examples are shown for each lesson on these pages, and you'll see more each week during class, too. You can draw something complex - or just do a simple painted background and add a verse that the Lord spoke through.

If you're not artsy and not feeling artsy - you can use this journal to simply write in. That's perfectly ok!

And remember, if you have an idea you need help figuring out how to draw, email me and I'll see if I can help you think of an image that's easy to draw that would illustrate what God spoke to you. [sandy@sandyallnock.com](mailto:sandy@sandyallnock.com)

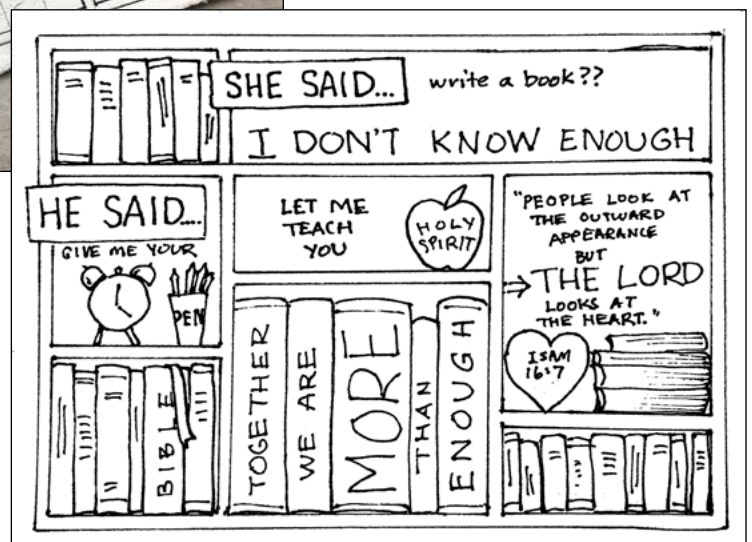
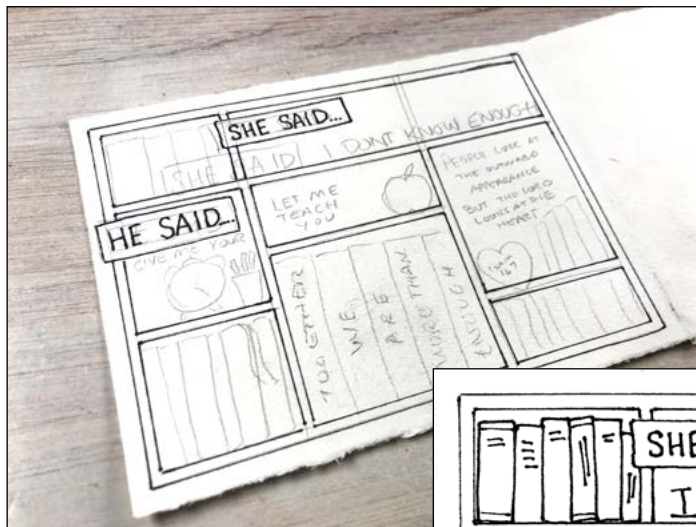
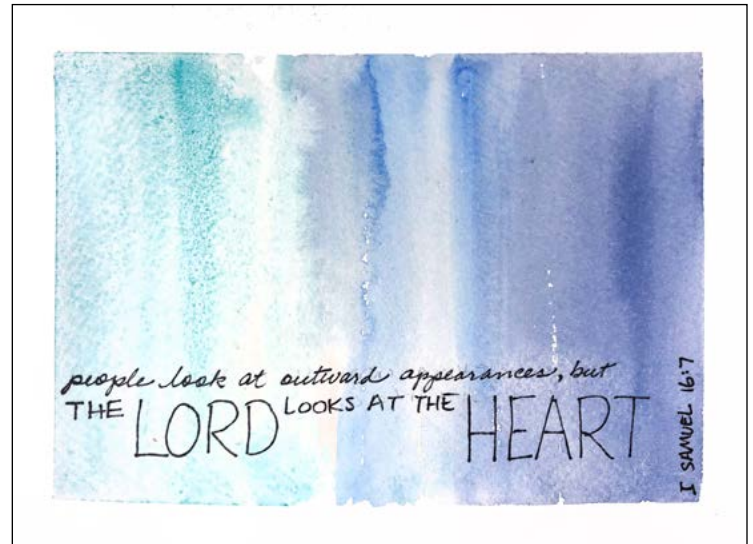
## Week 1 Creative Inspiration

On a panel of your journal, create art that helps you recall something the Lord spoke to you through one of the Scriptures in the lecture or questions. You can draw pictures, do simple journaling (writing, perhaps, a prayer), write out the verse and paint a pretty background, or use your own crafty supplies to create a reminder of God's words to you this week.

Tape off the edges of a panel if desired.

Wet a paint brush and touch the wet brush to the paint dot card. Paint drippy stripes of several colors next to each other and let them drip and blend together.

After it's dry, write the verse with a sharpie or other pen. Verrrry carefully pull the tape off.



In this example, the bookshelf drawing was sketched in pencil first, then drawn in with a Sharpie, which is waterproof so it can be watercolored. You can make a similar drawing or come up with your own idea!

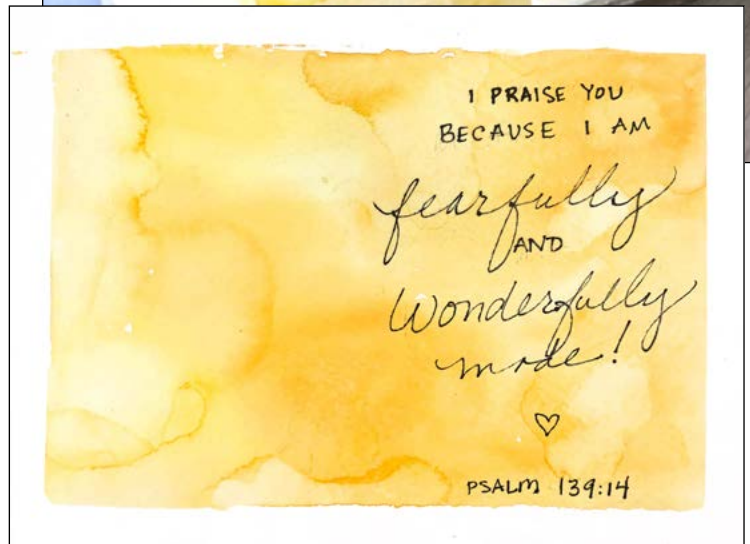
## Week 2 Creative Inspiration

On another panel of your journal, create a reminder of God's word from this lesson. You can repeat the same kind of idea in different colors as last time - or go a totally different direction.

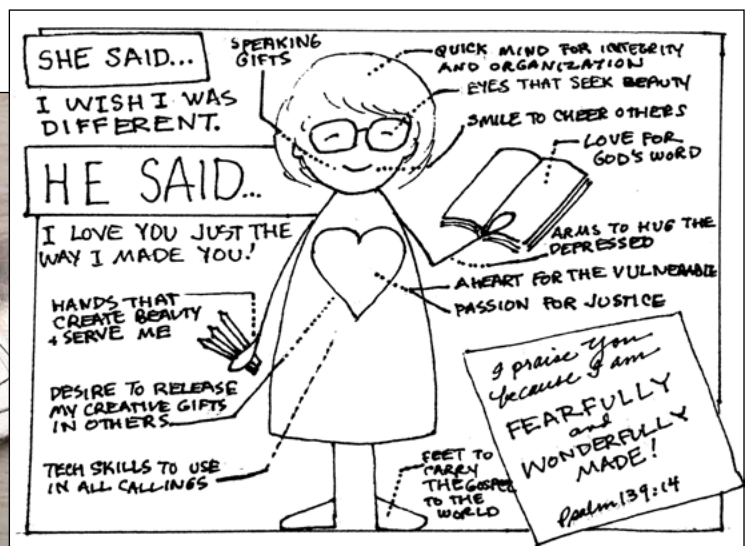
Tape off the edges of a panel if desired.

Wet a paint brush and touch the wet brush to the paint dot card. Paint a good amount of color onto the paper. When it's partly dry, drip puddles of water to create "blooms" or "blossoms."

After it's dry, write the verse with a sharpie or other pen. Verrrry carefully pull the tape off.



Draw a stick figure of yourself, and label it with all the ways God has made every part of you fearfully and wonderfully!





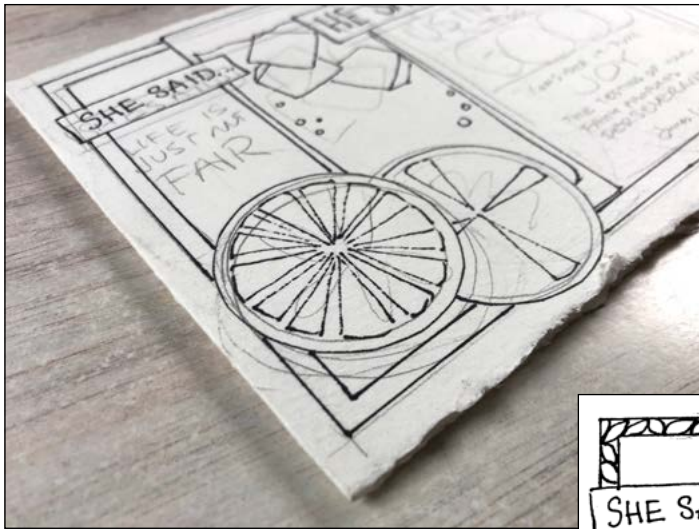
## Week 3 Creative Inspiration

Take time this week to create art on a panel of your journal, in either a simple way, or get into it and draw something that will remind you of what God is speaking to you!

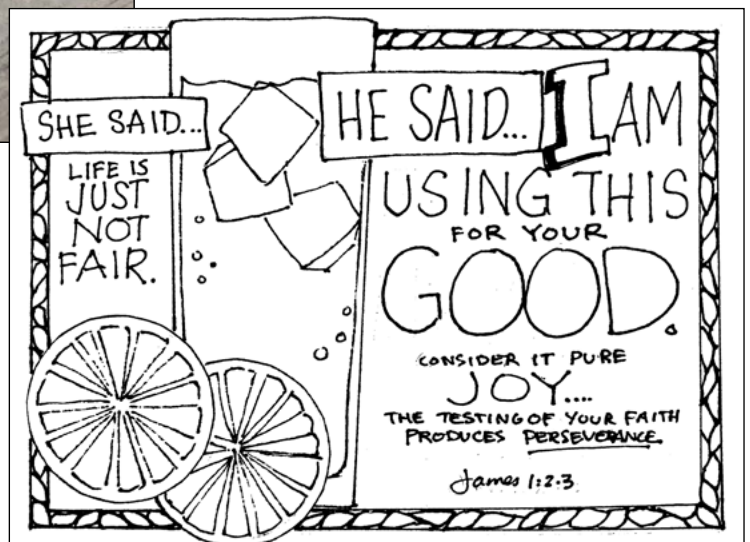
Tape off the edges of a panel if desired.

Wet a paint brush and paint the background with soft colors. After it's entirely dry, paint a "swoop" across the center. Do this again and again, waiting for underlying paint to be dry.

After finishing, write the verse with a sharpie or other pen. Verrrry carefully pull the tape off.



Since "lemons" were the lecture theme, you can have fun with drawing lemons or a glass of lemonade. To make a lemon, draw circles using glasses or other round objects as a template. To make sections, draw in four first - horizontally and vertically, joining in the center. Then fill in the rest, not worrying about getting everything even.



## Week 4 Creative Inspiration

Create an artistic expression of what God is speaking to you this week.

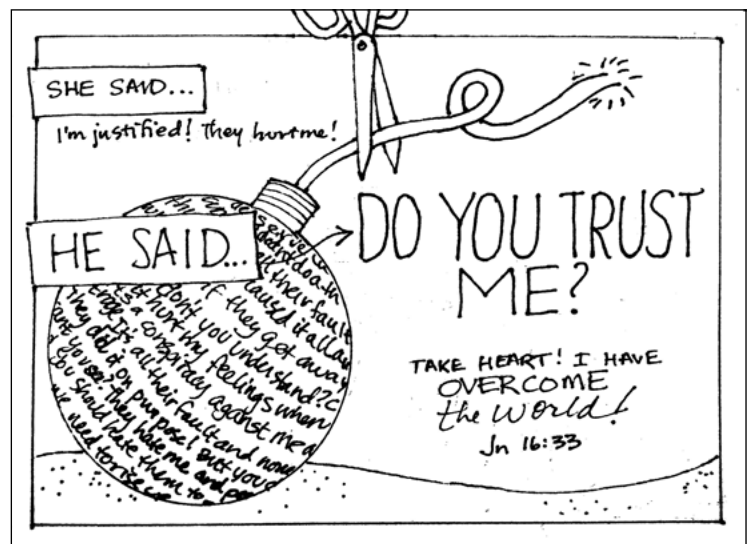
Tape off the edges of a panel if desired.

Choose a light color to paint a background. after dry, paint circles on top - you can use glasses as templates or just paint loose circles. Let the ones underneath dry before adding darker ones on top with thicker paint.

After finishing, write the verse with a sharpie or other pen. Verrrry carefully pull the tape off.



“Diffusing the bomb” of our emotional outburst might be an image that struck you; if so you can use a glass as a circle template to draw one. Write the words that you find yourself speaking, either in your head or out of your mouth when the anger rises.

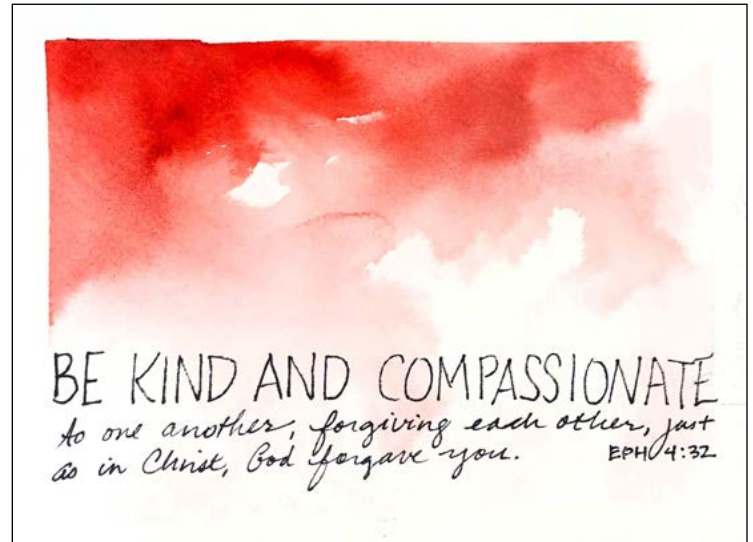


## Week 5 Creative Inspiration

Create an artistic expression of what God is speaking to you this week.

Wet the paper unevenly, even spraying it with a water bottle. Apply paint to a corner or area of the paper and let it flow into the water on its own; tip the journal sideways to help the color move if needed.

After finishing, write the verse with a sharpie or other pen. Verrrry carefully pull the tape off.



Draw the result of a shower of love created on the person that causes your challenges! Start with a little face, and surround it with a pile of hearts!

Tape off the edges of a panel if desired.



Now that the study is over, you can use the other panels to create more beautiful reminders of God's lessons to you on other topics where He has shown you how to correct your own thinking!