

## Day 23: Personal Journeys - Adulthood

### Quote

Thirty was so strange for me. I've really had to come to terms with the fact that I am now a walking and talking adult. C. S. Lewis

### Bible Verse

You know when I sit and when I rise;  
you perceive my thoughts from afar.  
You discern my going out and my lying down;  
you are familiar with all my ways. Psalm 139:2-3

### Inspiration

Missing

<http://www.youtube.com/watch?v=A-qSmIJzvw>

Memories

<http://www.youtube.com/watch?v=HzSaoN2LdfU>

### Journaling

How old are you inside your head? When did you notice that you were an adult? What helps you to keep the 'inner child' alive?

### Technique Challenge

Using shaving cream to make a background.

<http://www.youtube.com/watch?v=xldePbRuS0k>

Faux shaving cream technique

<http://www.youtube.com/watch?v=RhqaoR-aAVA>