

## Unique

### Quote

Every man and woman is born into the world to do something unique and something distinctive and if he or she does not do it, it will never be done. Benjamin E. Mays

<http://www.brainyquote.com/quotes/quotes/b/benjamine394694.html#IPyS0Em7kVCifeEW.99>

### Bible Verse

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made. Psalm 139: 13-14

### Inspiration

You are beautiful, you are unique

<http://www.youtube.com/watch?v=gIYevg9DPBI>

### Journaling

In what way are you unique? What things do you do that only you can do?

Why do you think some people find it hard to believe that they are unique and special?

### Technique Challenge

Use a screwed up plastic bag to make texture with acrylic paint. I suggest you use a lot less paint than in the video.

<http://www.youtube.com/watch?v=WzrP4C17mO4>

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