

## **Nature**

### **Quote**

There is nothing in a caterpillar that tells you it's going to be a butterfly. R. Buckminster Fuller

<http://www.brainyquote.com/quotes/quotes/r/rbuckmins100112.html#H2yFZGIPcmj4rDyi.99>

### **Bible Verse**

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. 2 Peter 1:3

### **Inspiration**

The power of introverts

<http://www.youtube.com/watch?v=c0KYU2j0TM4>

### **Journaling**

Today we will look at two meanings of the word nature. Choose one or both to think about.

Nature = creation

How do you interact with nature? Are you a city person or a country person? What does being out in nature – the animals, birds, plants, views – do for your spirit?

Nature = temperament/personality

What sort of a person are you? Are you an extrovert or an introvert? Do you thrive on being with people or are you better on your own?

### **Technique Challenge**

Add flowers to your page. You could choose paper flowers, make metal flowers, cut pictures from magazines or use pressed flowers.

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**R. Buckminster Fuller**

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