

# *"Thou God Seest Me" - Young Women Painting Activity*

To prepare for this activity set up tables where the young women can paint. Set out the paint, canvases, and paintbrushes.

1 – Begin by reading and discussing the story of Hagar (see other paper)

2 – Show the girls the picture of the completed painting so they can see what they will be doing. (on other page)



3 – Have the girls paint the entire canvas whatever color they want for the background.

4 – While the paint dries have the young women look through the painting model pictures to find one whose hairstyle resembles theirs and looks most like them. They will use these to look at while they paint.



5 – When the background color is dry paint the head and neck. Let dry.



6 – Paint the shirt and hair.



7 – Add the words “Thou God seest me” to the canvas.



Remind the girls to put these somewhere where they will see it daily as a reminder that God sees them, knows them, and hears them.

Pass out the quote by President Dieter F. Uchtdorf. Have the young women read it out loud together as a group.

Created by Montserrat Wadsworth at [Cranial Hiccups](#)  
Inspired by Heidi Hillman at [A Lively Hope](#)