

EVERY COLOR A PRAYER: QUIET MOMENTS WITH GOD

Pick one (or a bunch!) of our contemplative coloring pages and your favorite colored pencils, pens, or markers. Let go of pressure, breathe deeply, and enjoy this creative moment with the God who knows you fully, meets you where you are, and delights in you.

As you color, fill the open spaces with things that matter to you, like:

- the names of those you're praying for.
- hard things or symptoms.
- worries, stress, or overwhelming situations.
- small wins, simple joys, and reasons to celebrate.
- the name of someone you're working to forgive.
- something it's time to let go of.
- direction from God for something specific.
- feelings of shame or guilt.
- seeing yourself as God sees *you*.

CREATIVE WAYS TO COLOR

1. LOVE ONE ANOTHER • Write names in the open spaces and pray as you color. Let the colors create a canvas of quiet prayer.
2. PRAY THROUGH EMOTIONS • Write your feelings in the open spaces and let the colors speak for you—bold, soft, messy, or calm. Let each shade show your emotions to God.
3. CELEBRATE THE LITTLE THINGS • Fill the blank spaces with simple joys and small wins. Let your colors turn gratitude into celebration, brightening the page with moments worth noticing.
4. HOLD YOUR PAIN WITH CARE • Name pain, symptoms, or hard days in the open spaces. Gently color through the words, letting compassion and God's presence comfort what hurts.

LET EVERY COLOR BECOME A PRAYER

God, as I color, help me slow down and let go of what I'm carrying. Quiet my thoughts and meet me in this moment. As I fill these spaces, help me lift others to You in prayer and notice the joy, beauty, and small blessings around me. Let every color become a prayer, reminding me of who I am in You—seen, known, and deeply loved. Thank You for Your grace and for creating beauty with me. Amen.

See, the Lion of the tribe of Judah, the Root of David, has triumphed.
(Revelation 5:5)

