



CONTEMPLATIVE COLORING

Color Your Way Closer to God

WHAT IS CONTEMPLATIVE COLORING?

Contemplative coloring is an easy, fun, and practical way to release emotions and lean into Jesus. Choosing to be with God helps quiet the noise of the world and deepen our prayer lives with every line, stripe, and stroke of color. As our fingers move across the page, our hearts move toward God in prayer.

THE HEALTH BENEFITS OF COLORING

- Relieves stress.
- Reduces anxiety.
- Improves focus.
- Keeps us present and engaged.
- Decreases pain and discomfort.
- Boosts creativity.
- Brightens a day.
- Improves sleep.
- Decreases depression.
- Benefits brain health.

A PLACE TO BEGIN

- **WE ARE ALL CREATIVE.** Each of us is made in the image of our Creator God, who has woven creativity into our DNA.
- **INTENTIONAL TIME:** Choosing a specific time to be with God as we color will deepen our relationship with Him.
- **KEEP SUPPLIES HANDY.** Keeping coloring supplies and a Bible handy is a great reminder to set time aside to be with God.
- **INVITE GOD.** 1 Samuel 3:10 is a powerful six-word prayer as we begin: *Speak for your servant is listening.*
- **WORDS OF SCRIPTURE:** Is a Bible verse included on the coloring page? If not, does a verse spring to mind? Consider including those words.
- **UNIQUELY YOURS:** Color in, on, or through lines (or add a few of your own), making the page uniquely yours.
- **BLANK SPACES:** Contemplative coloring is about our relationship with God. Blank spaces can be an intentional part of your design, or an invitation to return at another time.
- **CONNECTING TO CREATION:** If prayer feels difficult, think about the things in creation that are the same color (animals, plants, or objects), and thank God for each one that He brings to mind.
- **CHOOSING COLORS:** Colors can represent emotions, seasons of life, joys, blessings, difficult endings, and new beginnings.

Visit chronic-joy.org for more resources.



Chronic Joy

COLORING AS PRAYER

1. Choose dozens of Chronic Joy coloring sheets and your favorite colored pencils, pens, or markers.
2. Fill the blank spaces on any (or a chosen) page with:
 - the names of those you are lifting in prayer.
 - symptoms you're struggling with.
 - circumstances causing anxiety, worry, or stress.
 - simple blessings, joys, and reasons to celebrate.
 - the name of someone you need to forgive.
 - a meaningful Scripture verse.
 - anything God is calling you to surrender.
 - where (or how) you need God's guidance.
 - anything causing you to feel shame.
 - the parts of yourself you need to see through God's eyes.
3. Release your expectations and enjoy this sweet time with the One who knows you best and loves you completely.

FOUR CREATIVE WAYS TO COLOR

1. **LOVE ONE ANOTHER** • Use a coloring sheet as your prayer list. Fill the blank spaces with names and pray as you color.
2. **PRAY THROUGH STRONG EMOTIONS** • Work through strong emotions as you color. List each one in an open space, and let your fingers spill the colors of those emotions across the page.
3. **THANK GOD FOR SIMPLE BLESSINGS** • In the blank spaces, list the simple things that bring you joy. Let color speak your gratitude to God.
4. **COLOR YOUR PAIN & SYMPTOMS** • Choose a coloring page as a symptom tracker. As you color around or through the words, be curious about how you feel. Place the sheet where you will see it often. As you look at it, what do you notice? How do you feel?

LET MY COLOR RISE AS PRAYER

Dear Lord, as I fill the empty spaces on a coloring page, nudge me to surrender, forgive, and pray for others by name. I want to celebrate every joy and blessing. Let each line, stripe, and stroke of color rise as prayer. Guide my hand, my thoughts, and my heart. Remind me who I am in You and how You delight in me. Thank You for mercy, grace, and a world filled with vibrant color, subtle shades, and gentle hues. What a joy it is to color with You, Lord! Amen.

chronic-joy.org/contemplative-coloring



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