

HOW TO COLOR SCRIPTURE

GROWN-UP
COLORING PAGES

From The Bible Resource Center at American Bible Society



AMERICAN BIBLE SOCIETY



HERE'S HOW TO GET THE MOST OUT OF YOUR COLORING EXPERIENCE:

PICK A SPOT

Although it may seem impossible to do, try to find a calm place where you won't be disturbed. Maybe it's your favorite couch in your house, or a local coffee shop.

GRAB A TREAT

Gear up for relaxation with a piece of chocolate, a cup of tea, or a mug of coffee.

MAKE ROOM FOR QUIET TIME

Put your phone on silent. Set aside a time for rest and coloring. If you're feeling anxious about taking time out of your day, set a timer for just 15 minutes.

PLAY SOME MUSIC

Play your favorite calming music or search for a playlist of soft instrumental music online.

SET YOUR EXPECTATIONS

Use this as an opportunity to spend time with God. Don't feel the need to "accomplish" anything. Remind yourself that God likes you and wants to spend time with you (Psalm 147:11; Zephaniah 3:17). Ask God to be near you during this time.

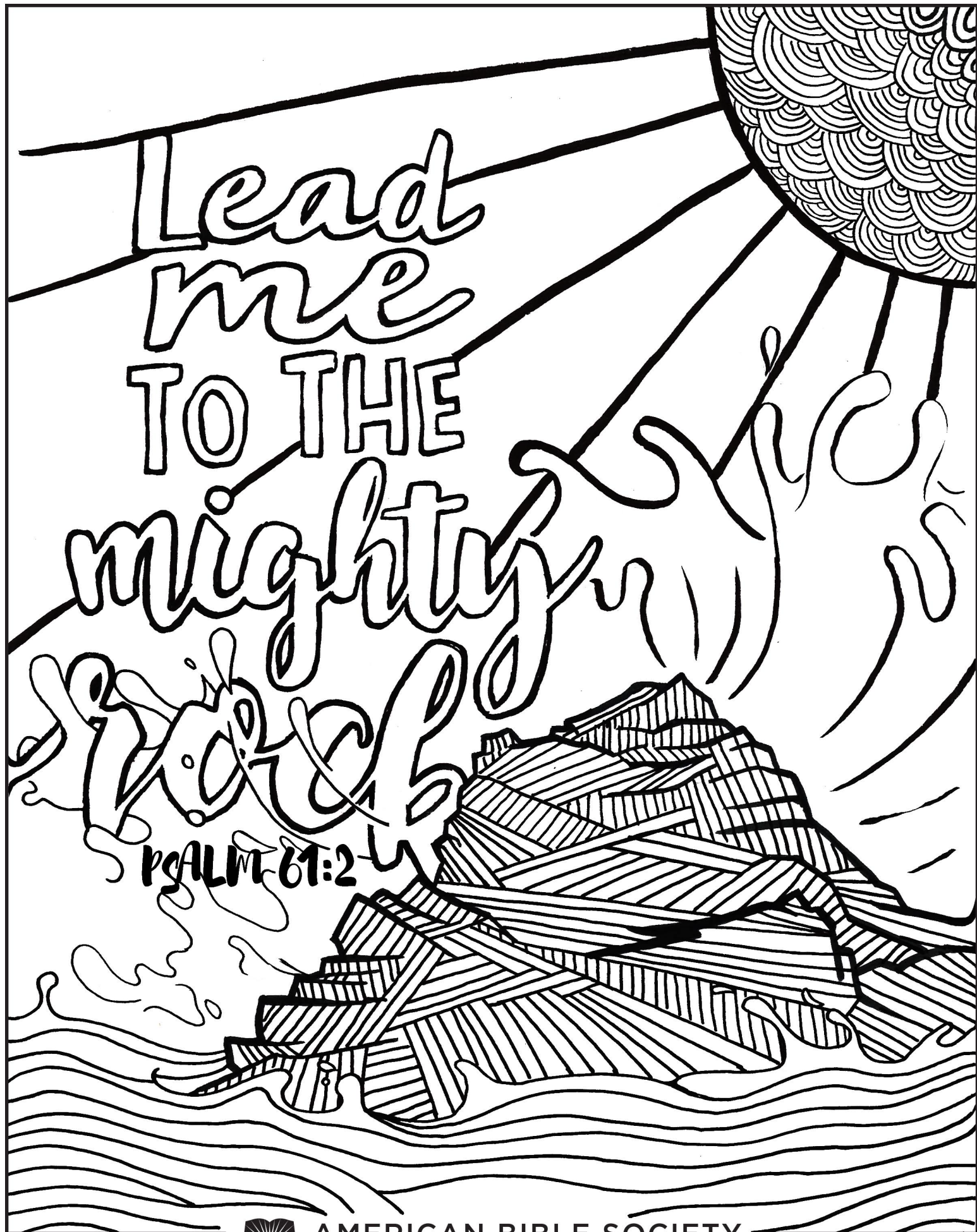
COLOR AND THINK

Draw inside (or outside!) the lines. Focus on the Bible passage on the page. Read the words aloud, focusing on each one. Meditate on what the verse means for you. Is God saying anything to you today?

HAPPY COLORING!



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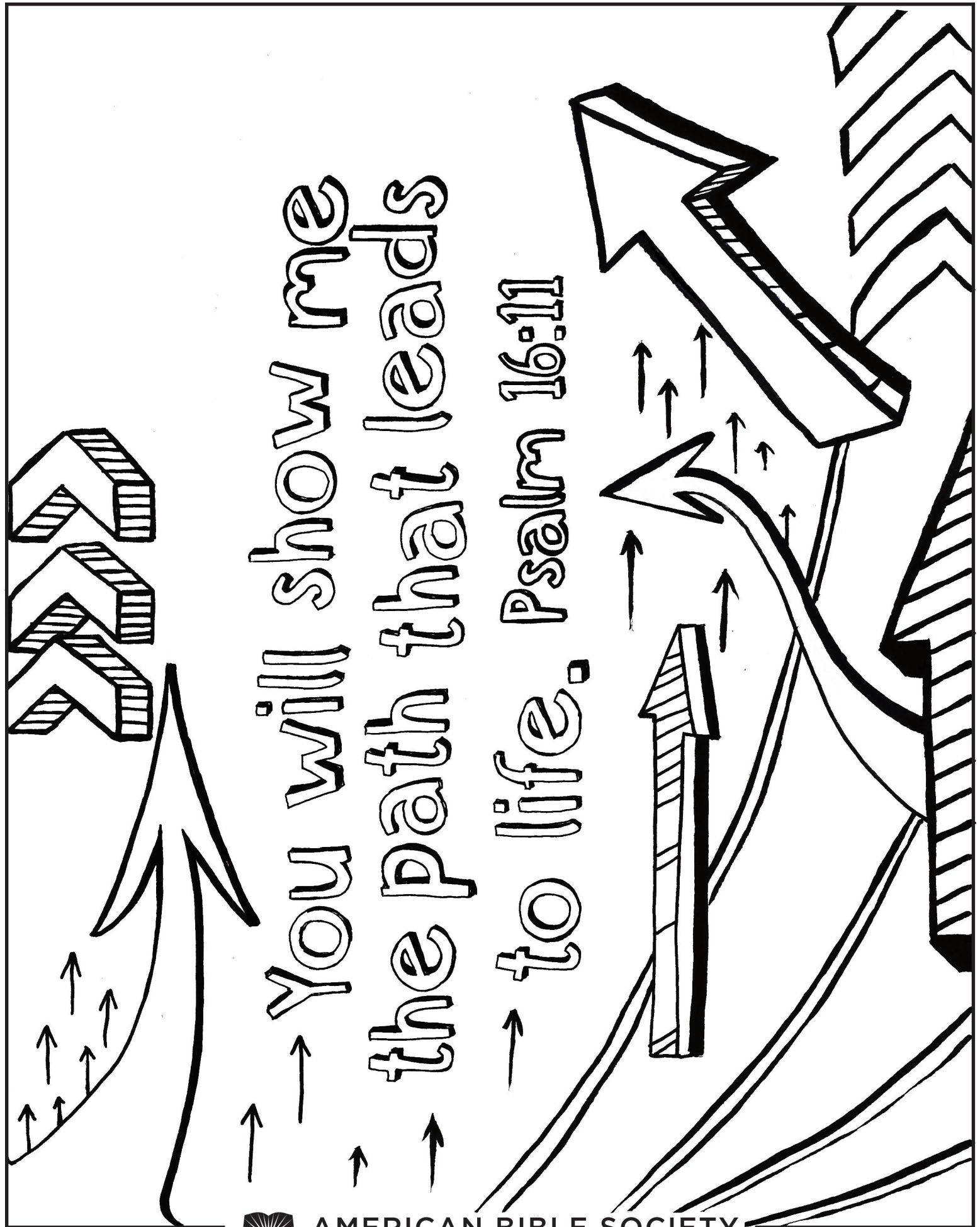


Lead
me
TO THE
mighty
rock

PSALM 61:2



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↑ You will show me
↑ the path that leads
↑ to life. Psalm 16:11



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GOD IS MY
FAVORITE



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THE
Lord
protects
and
defends me
Psalm 28:7



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