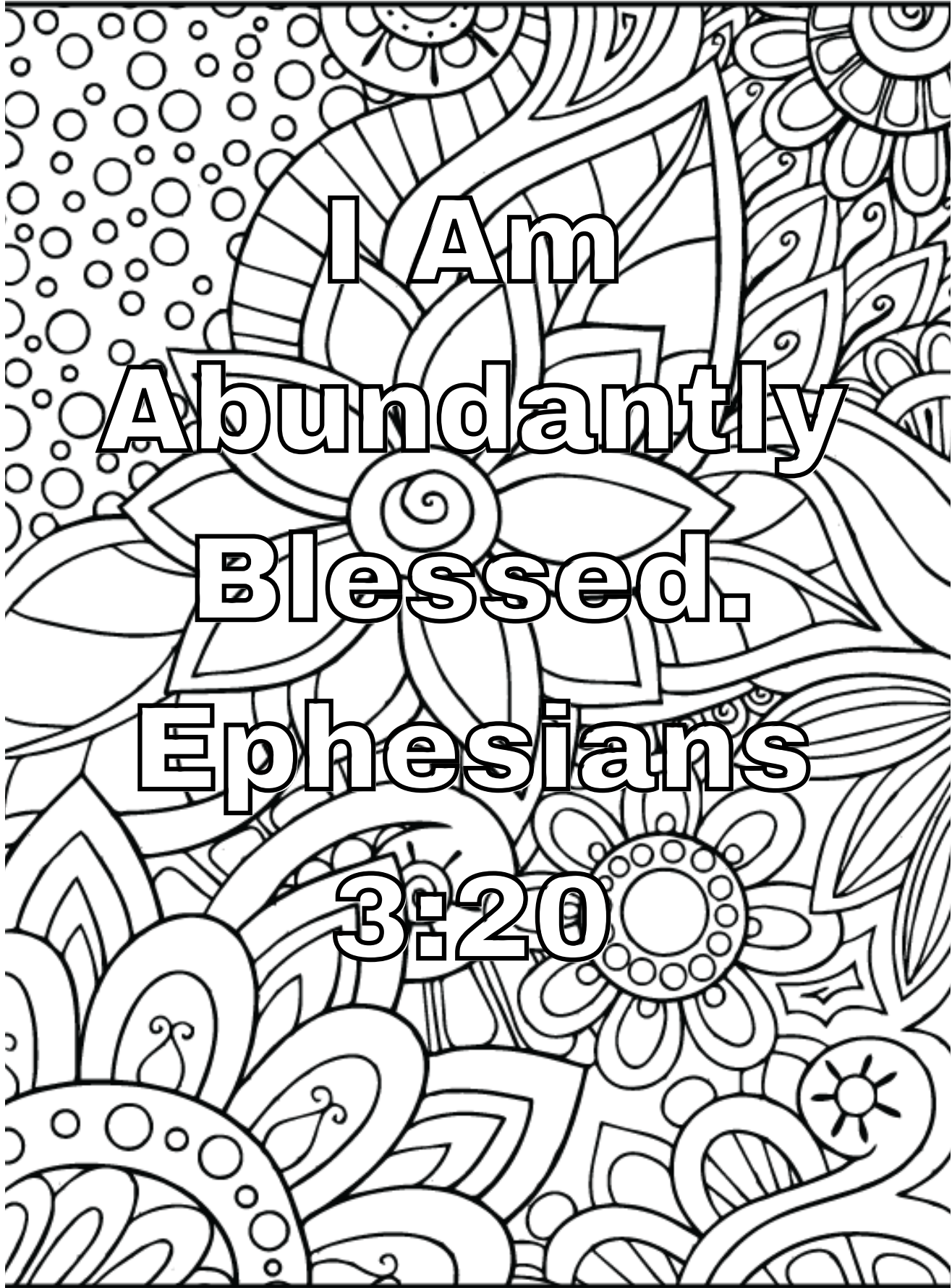




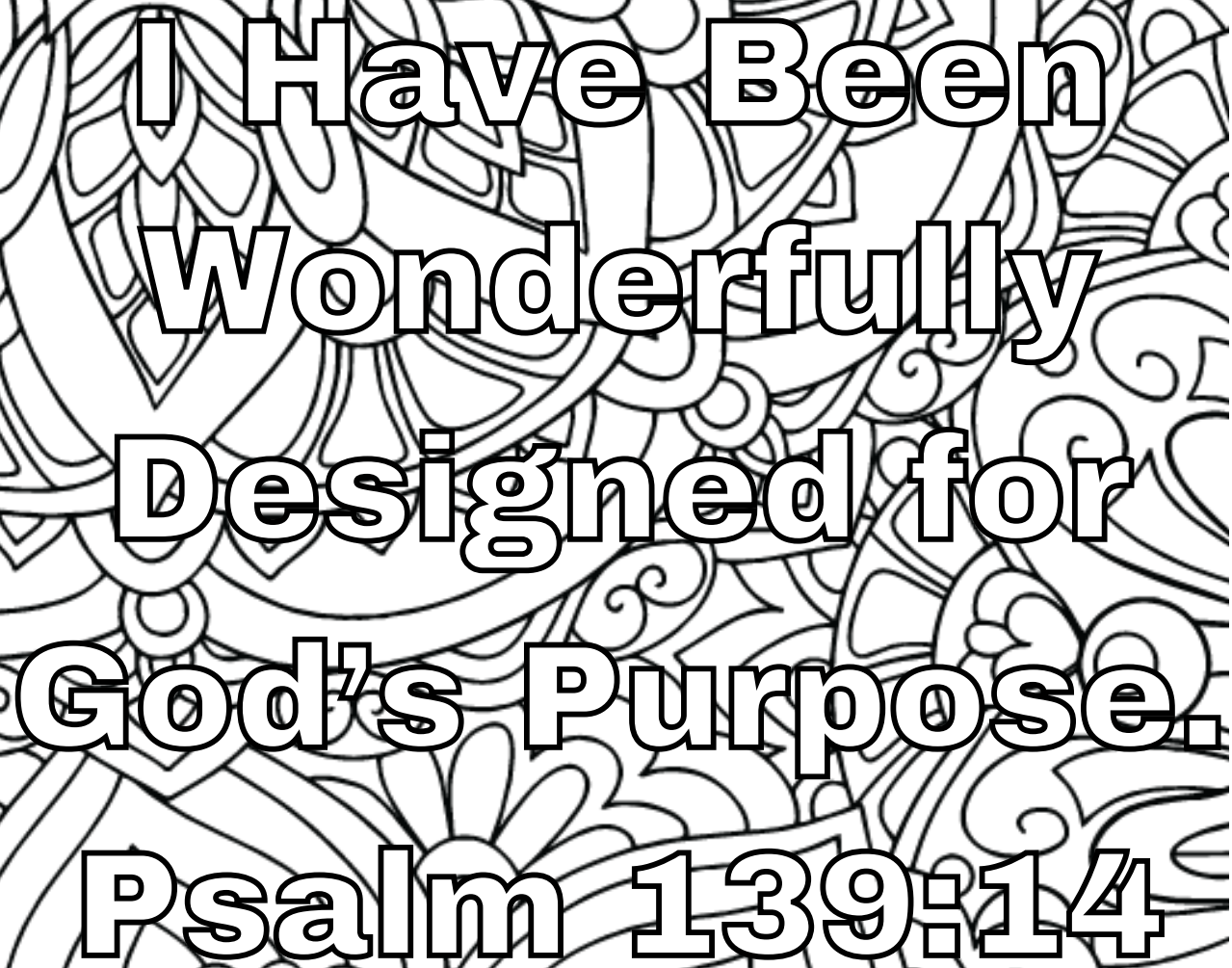
MINDFUL COLORING FOR ADULTS

Bible Verses





**I Am
Abundantly
Blessed.
Ephesians
3:20**



I Have Been
Wonderfully
Designed for
God's Purpose.
Psalm 139:14



When I Am
Weak I Will
Turn To God's
Strength.
Isaiah 40:29



I Will Rest In

The Shadow

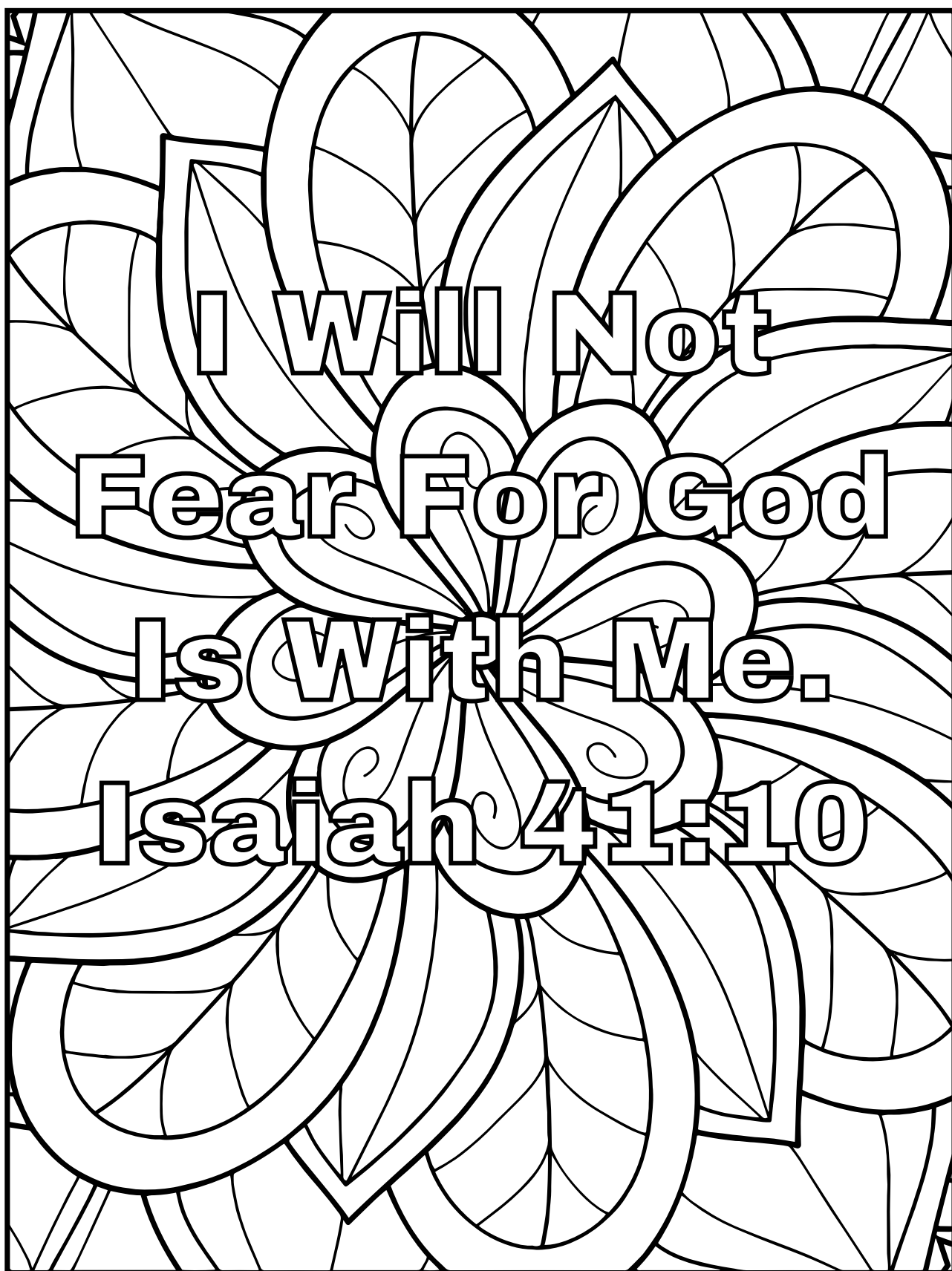
Of God

Almighty.

Psalm 91:1



**I Will Trust In
The Lord With
All My Heart.
Proverbs 3:5**



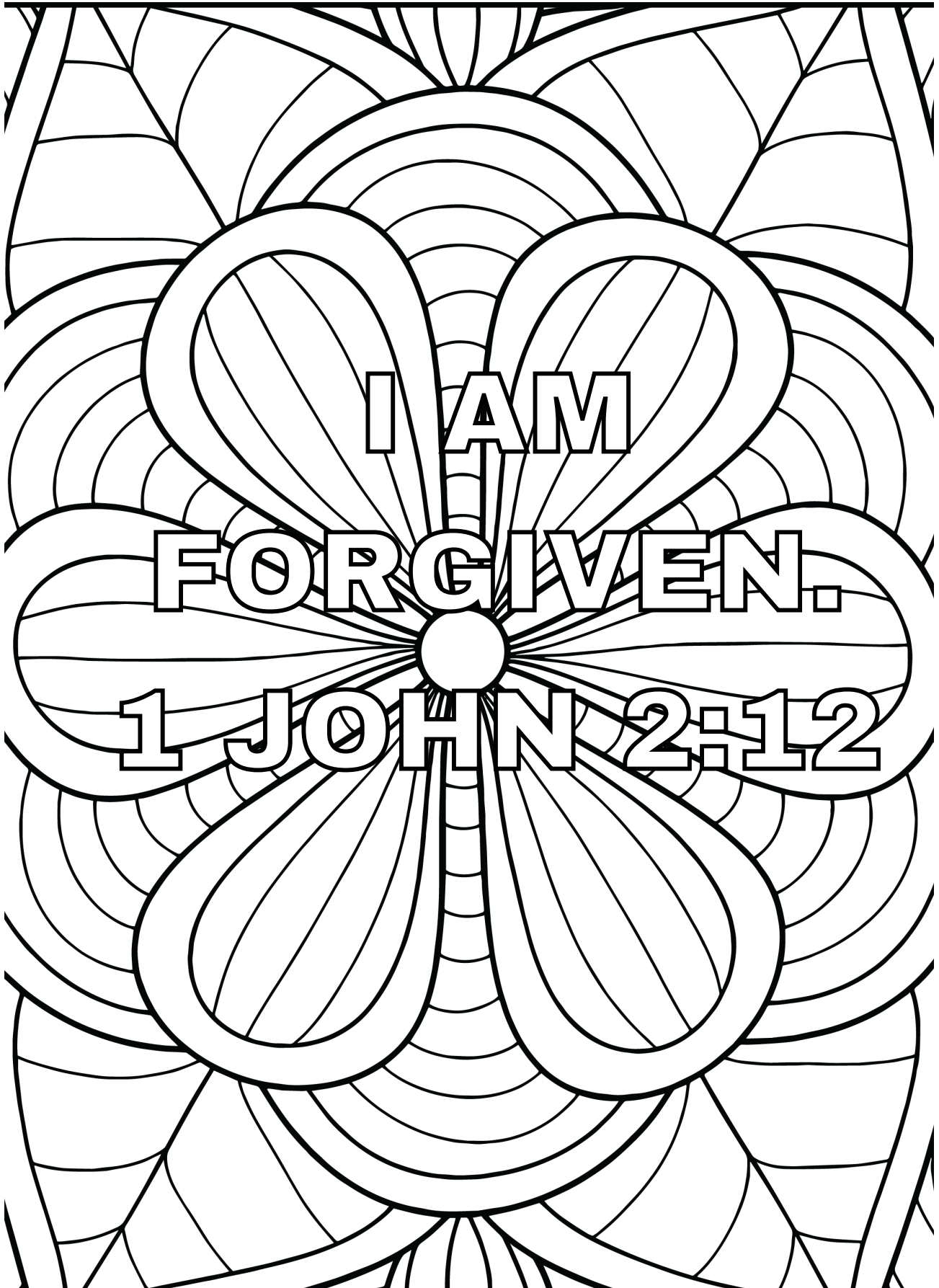
I Will Not
Fear For God
Is With Me.
Isaiah 41:10



I AM LOVED
AND CHOSEN
BY GOD.

1 Thessalonians

1:4



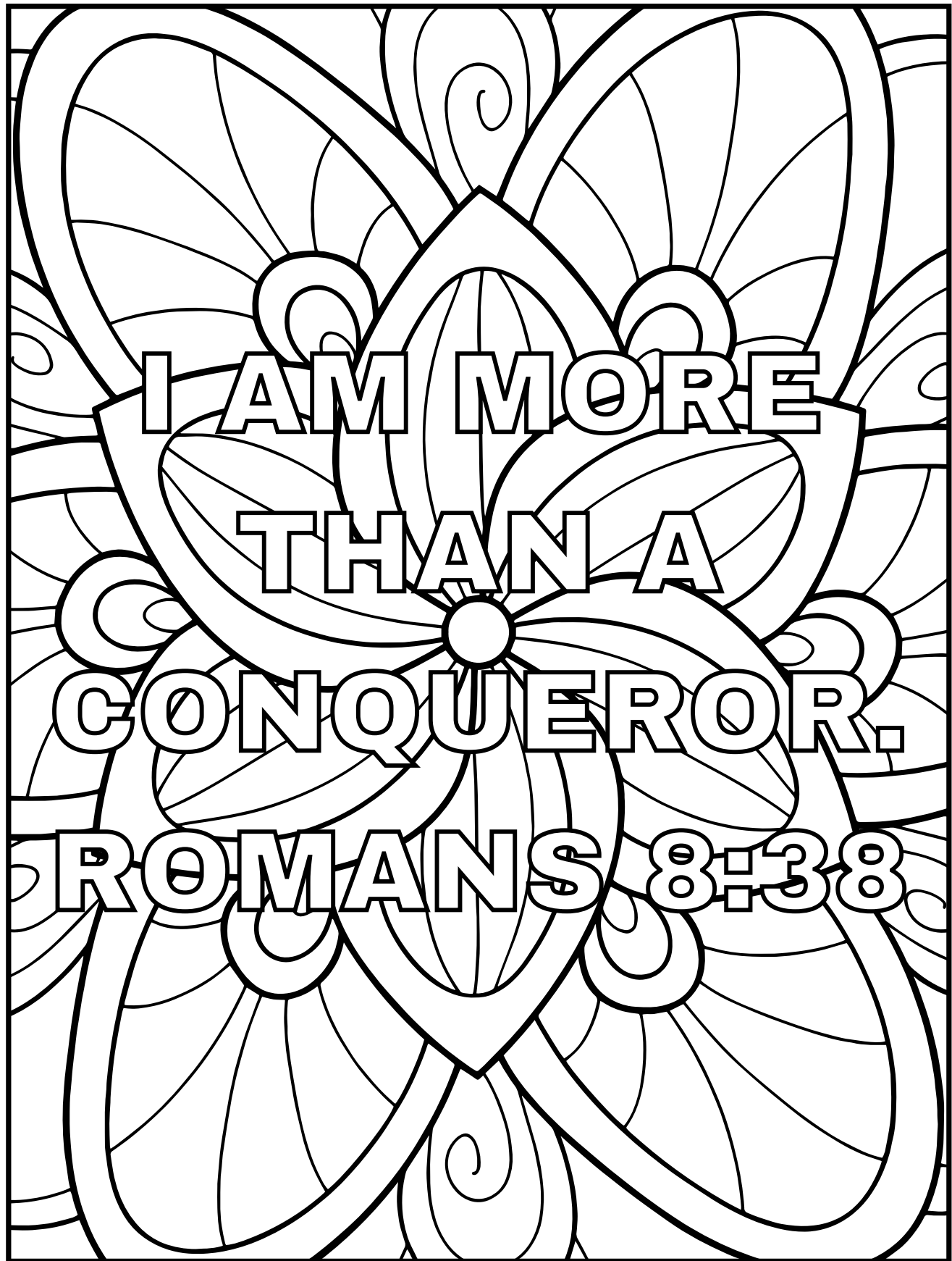
I AM
FORGIVEN.
1 JOHN 2:12

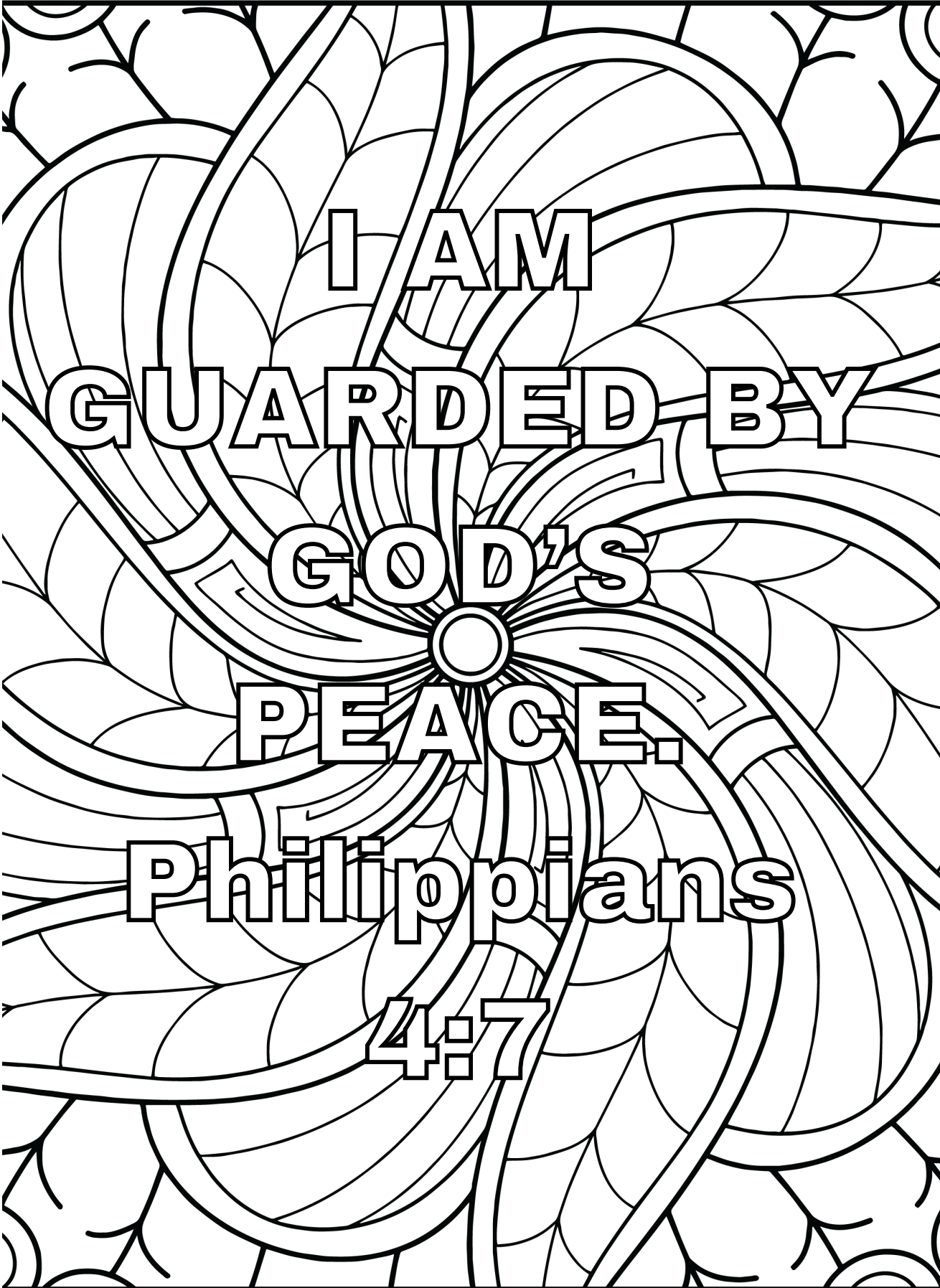


I AM A CHILD

OF GOD.

1 JOHN 3:1

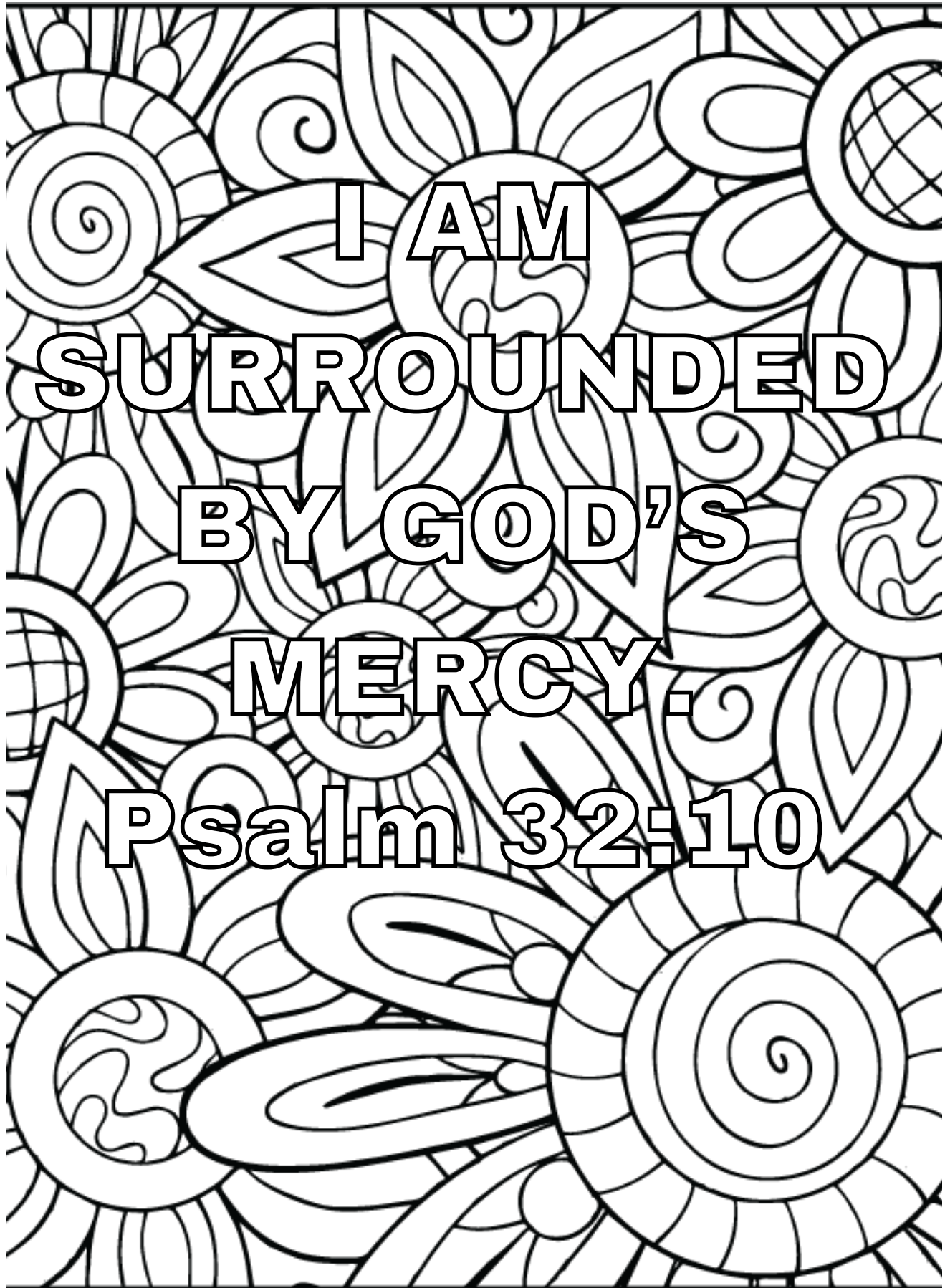




I AM
GUARDED BY
GOD'S
PEACE.

Philippians

4:7



I AM
SURROUNDED
BY GOD'S
MERCY.

Psalm 32:10

Benefits of Coloring

1. **Stress Reduction:** Engaging in coloring has been proven to alleviate stress and anxiety. This activity enables the brain to concentrate on the present moment and the physical act of coloring, diverting attention from worries and stresses.
2. **Mindfulness:** Much like meditation, coloring enables individuals to tune out other thoughts and concentrate solely on the present moment. This leads to reduced stress levels, heightened mindfulness, and the promotion of mental clarity.
3. **Creativity Boost:** Coloring for adults fosters creativity by providing an opportunity to explore various color combinations, patterns, and styles in a low-pressure setting.
4. **Better Sleep:** Coloring serves as a calming, screen-free bedtime activity that can contribute to improved sleep. Unlike using electronic devices before bedtime, which can disrupt sleep quality due to emitted light, coloring books do not produce light and present a beneficial alternative.
5. **Improved Focus:** Coloring demands concentration and attention to detail, effectively enhancing focus. This quality can be especially advantageous for individuals dealing with attention issues or seeking to augment their attention span.
6. **Increased Positivity:** Through the act of producing something beautiful and relishing the satisfaction of finishing a picture, coloring has the potential to elevate self-esteem and cultivate a positive mood. Additionally, it can function as a constructive channel for emotional expression.
7. **Biblical Meditation:** Integrating adult coloring into a practice of biblical meditation is possible. While coloring, individuals can contemplate a specific scripture or biblical narrative, meditating on its significance and connecting it to their personal lives. This approach can result in a more profound comprehension and application of biblical teachings.