

The God of My Life

A devotional
colouring book

Michael Parsons
with illustrations by
Mike Coltman

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Introduction

When the phone rings at my work desk, my immediate response is to pick up a pen and a rough piece of paper. I do this to write notes so I don't forget what's being said, but also to doodle because I find that doodling concentrates the mind, helps me to focus better and encourages thought. A lot of people find the same with colouring in: it focuses the mind, allowing you to think without distraction.

That's the simple basis for this devotional resource. The hope is that colouring in will be a small exercise in mindfulness, in being absorbed into the moment, into the present, so that your thinking will focus and run with the thoughts offered in both the psalm and the reflections that follow the psalm.

So, why not start by reading the whole psalm indicated at the top of the page? Follow this by concentrating on the specific verses and the reflection given. While you're colouring in the pictures, you could ponder what you've read, trying not to be distracted by anything outside of the immediate experience. In this way, by the Lord's grace, you might well find that the psalmist's thoughts about God and his relationship to him become your own. And don't forget to pray as you start, asking God to enrich your thinking and, through that, your relationship with him.

**Open my eyes that I may see
wonderful things in your law.**

PSALM 119:18

A note on the use of pens

While the paper for this colouring book has been selected with care, there is the possibility of ink show-through if pressure is applied too heavily when using felt-tip pens. We therefore recommend the use of coloured pencils, as they will not smudge or bleed. If you are using a felt-tip pen, we recommend you test it somewhere unobtrusive (for example, at the back of the book) and keep your strokes light and sweeping. It is advisable to avoid permanent markers or any pen with a heavy ink flow.

Confidence in God

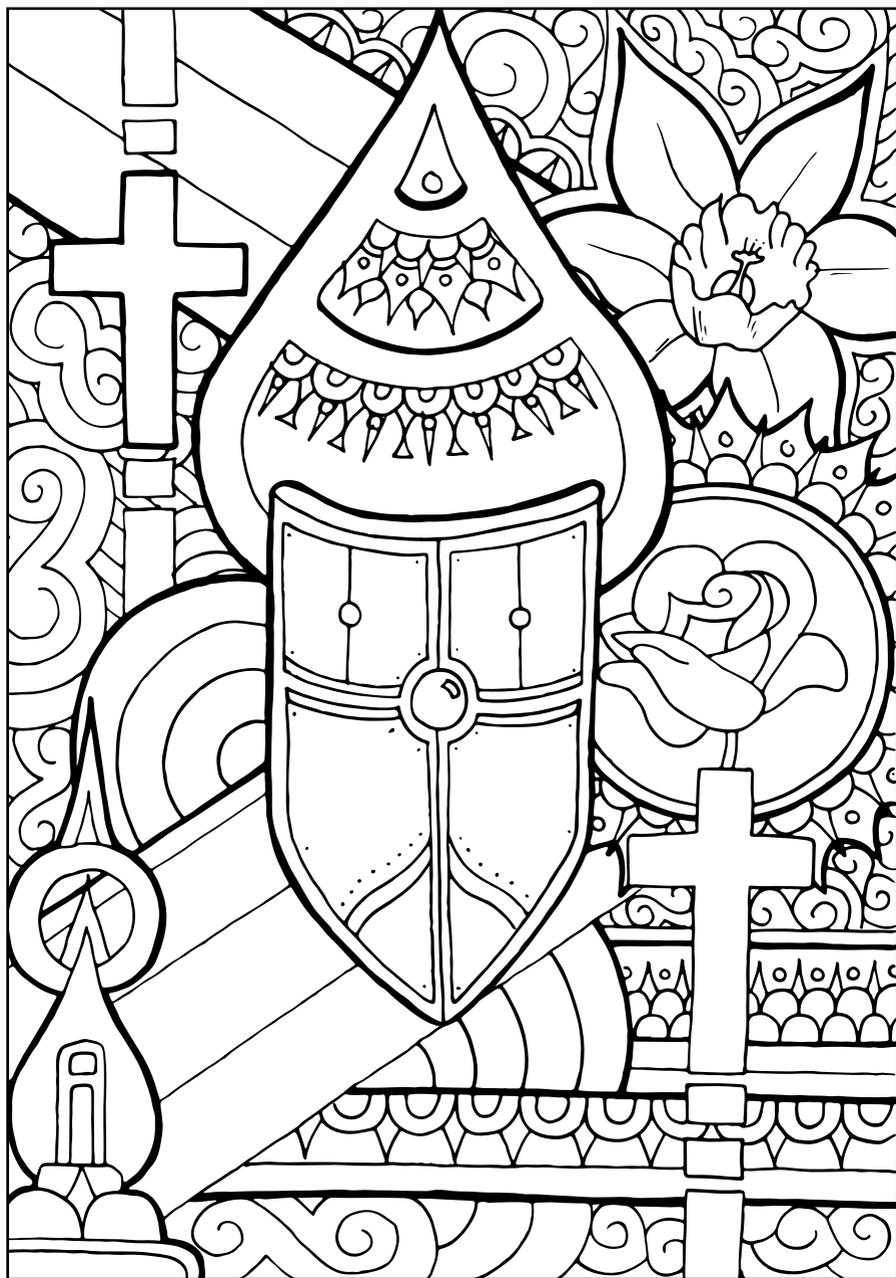
Psalm 3

**But you, Lord, are a shield around me,
my glory, the One who lifts my head high.
I call out to the Lord,
and he answers me from his holy mountain.**

PSALM 3:3-4

In a situation of danger and threat, the psalmist finds his confidence in God alone. Even in such a predicament, he is able to rest in the Lord who answers prayer (v. 4).

What troubling situations do you face, or have you faced in the past? Though your circumstances are unlikely to be the same as David's, God is still the same. Are you able to find confidence in the Lord, your protector (v. 3)? Why not rest in him today?



The mindfulness of God

Psalm 8

**When I consider your heavens,
the work of your fingers,
the moon and the stars,
which you have set in place,
what is mankind that you are mindful of them,
human beings, that you care for them?**

PSALM 8:3-4

Human beings are wonderful, aren't we? Made just a little lower than angels, created in dust, crowned with glory, set in the immeasurable context of the universe, God-cherished.

Is that how you feel today? Are you aware of the 'glory' (the worth) in which God considers you? How might this affect your self-image today? The Lord cares for you with overwhelming and fatherly love.



Love for God

Psalm 18

**I love you, Lord, my strength.
The Lord is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation, my stronghold...
For who is God besides the Lord?
And who is the Rock except our God?**

PSALM 18:1-2, 31

What a declaration of love for God! The psalm shows that David loves God because God is involved in every aspect of his life: more, the Lord delights in David (v. 19).

Do you love God? There is no one like him (v. 31). Are you aware of his presence in your life and his delight in you? Why not ask for a sense of his love towards you?



Mindful reflection on our relationship with God

Doodling and colouring help many of us to be present in the moment, giving us more focus and aiding concentration.

This unique book offers a whole-psalm reference for each design, with specific verses highlighted and brief devotional comments and questions to help the reader to reflect on scripture, their own lives and their relationship with God while colouring in.



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