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Tranquility: A Prayer and Reflection Coloring Journal

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RANQUILITY: a state of calmness, peacefulness, quietness, serenity. In a hectic and busy world, achieving this can seem impossible. But with **INTENTIONAL** effort, you can escape the urgent and soak in tranquility at every level—heart, mind, body, and spirit. The meditative ART of creative expression provides a wonderful outlet for relaxation.

Coloring, journaling, and drawing can also provide effective tools for *deepening your faith*. And when you allow your mind to center on THE TRUTH of God's Word while adding color and inner creativity, your devotional life can soar with NEW DIMENSION.

As you enter into the prayers offered in this book, spend time thinking about what you are saying to God. *Take it glow*. You may even want to personalize each prayer to reflect the needs and hopes you have for your own life. To make your time even more MEANINGFUL, write down your own prayers and color the artwork, or CREATE your own drawing.

Let this experience take you to a greater level of connection with God. Suggestions are added along the way to further *inspise you* in this time of quiet reflection and prayer. Don't worry about the end result; let God lead the way as you allow yourself to fully EXPERIENCE fraquility.

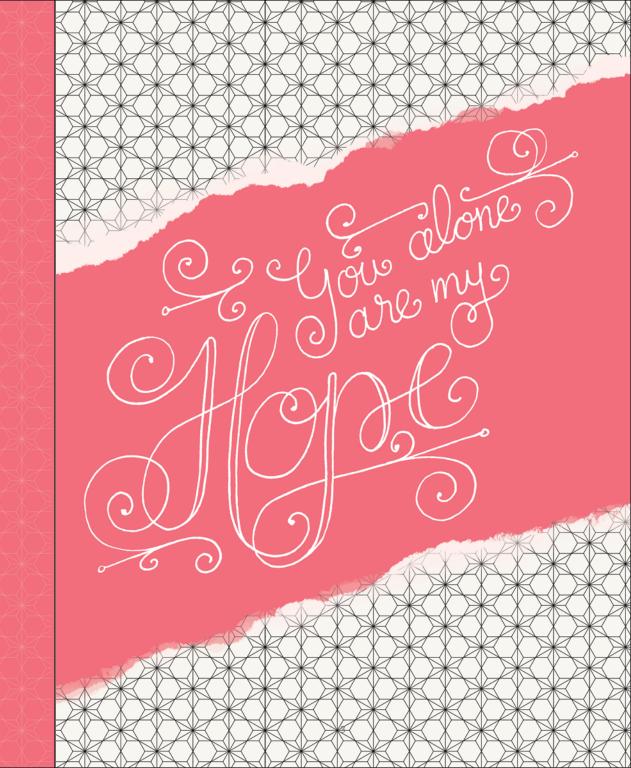


Loving God,

You loved me even before I was born! You created me to have a relationship with you, and you give me the opportunity to live with you and be loved by you forever. You know me individually and intimately. I'm so grateful that you urge me to bring my needs and worries to you. You care about what happens to me!

O Lord, you alone are my hope. I've trusted you, O LORD, from childhood. Yes, you have been with me from birth; from my mother's womb you have cared for me. No wonder I am always praising you!

PSALM 71:5-6



GLAMPSING GLADJO GLADJO GLADJO

Lord,

Thank you for giving me glimpses—through nature, art, and relationships—of the perfect world that will one day be a reality. I look forward to the time when you will create a brand-new earth. I praise you because you are preparing for me a never-ending exploration of the beauty of creation and your character.

When everything is ready, I will come and get you, so that you will always be with me where I am. JOHN 14:3



Life is short...make the MOST of it!

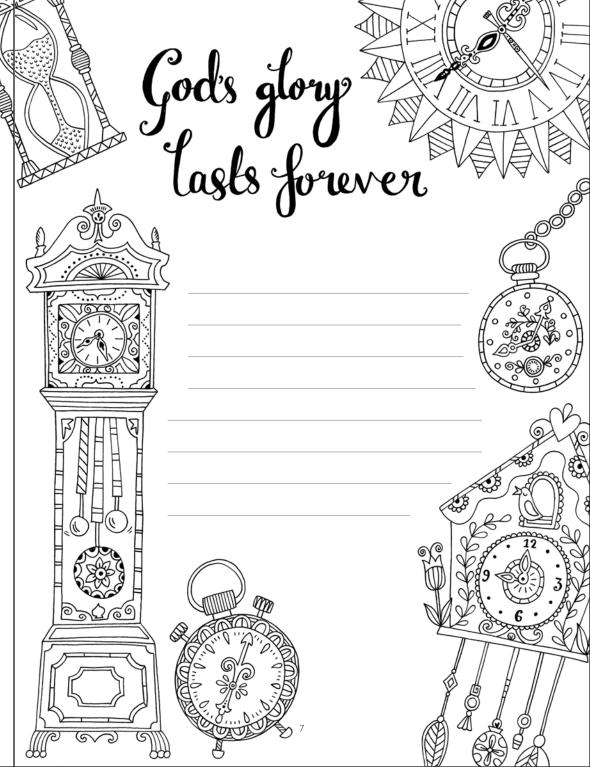
Eternal God,

My present life is but a blink of an eye when compared to the eternal life to come. Yet you have determined that how I live during my short time on earth will prepare me for the rewards I will enjoy in heaven. May this truth give me purpose, perspective on my troubles, and anticipation for what you have planned for me.

> Our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!

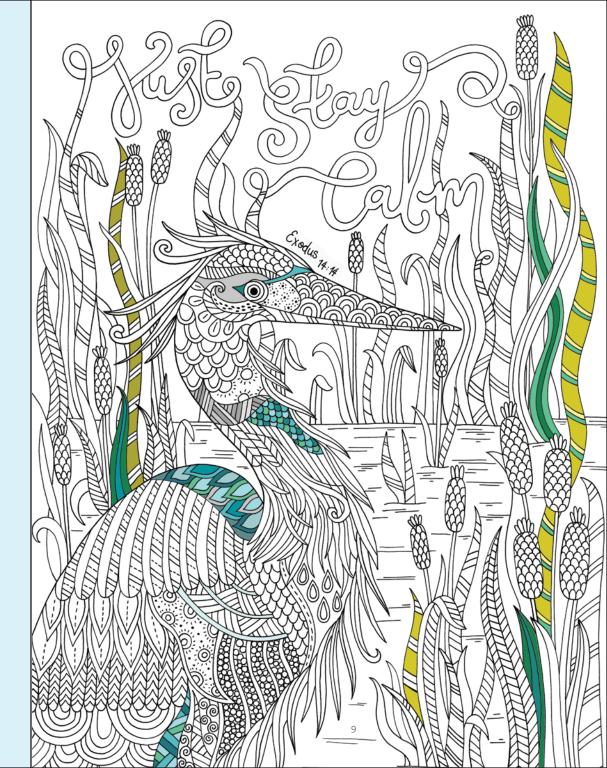
> > 2 CORINTHIANS 4:17

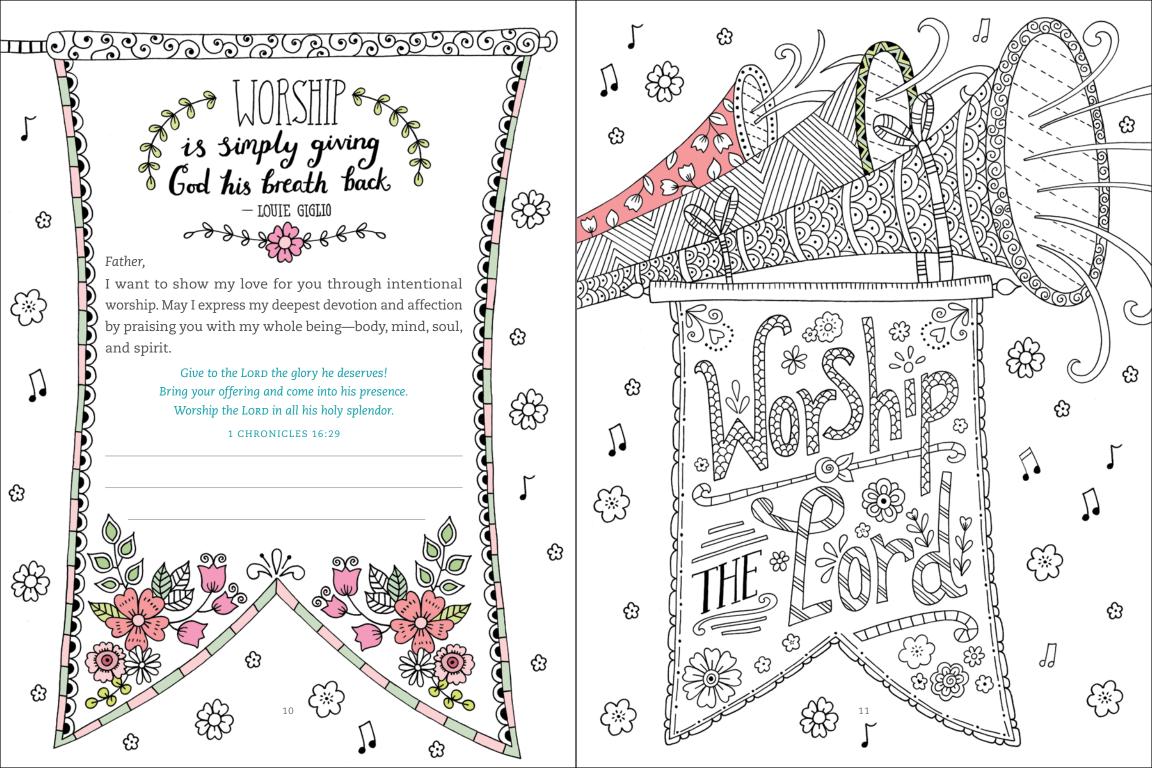






Draw some of the things that calm you and bring tranquility—for example, a sunset, a waterscape, the beach, or a sleeping baby. You can also write down characteristics you find calming about God, your family, or your friends.





Merciful God,

Grace is one of the richest words you have given us in the Bible. I'm amazed when I think of all the blessings you've given me that I don't deserve. Words can't express the peace I feel from knowing your grace! My heart is moved to share your mercy with those around me because I want others to know the acceptance and freedom you offer.

Ultimate Gift of Grace God saved Me BY HIS GRACE

13

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.

EPHESIANS 2:8-9

he speaks in the Stillness Speak.

YOUR SERVANT IS LISTENING

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Lord, I want to hear you and follow your leading. But sometimes I'm expecting you to speak through something obvious. Remind me that sometimes I must be still, quiet, and prepared in order to hear you speak. I need to spend time in your presence without noise and distractions. Help me to be calm, meditate on Scripture, and listen for you to speak to my heart and mind.

> And the LORD came and called as before, "Samuel! Samuel!" And Samuel replied, "Speak, your servant is listening." 1 SAMUEL 3:10



words or images, depict the circumstances. Reflect on what made it unique and what defines tranquility for you.



Lord,

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Teach me to come to you openly and tell you all about my struggles and successes. May I remain loyal to your Word and make myself available to spend quality time with you. As I confide in you and remain faithful, may our friendship deepen day by day. I am privileged to be called your friend.

WAYS

[Jesus said,] "I no longer call you slaves, because a master doesn't confide in his slaves. Now you are my friends, since I have told you everything the Father told me." JOHN 15:15



-ATTRIBUTED TO MOTHER TERESA

Father,

A relationship in my life is filled with tension, and I want to bring peace. Please help me to remember that peace is not the absence of conflict; rather, it's having confident assurance in the middle of conflict. Only you can give me that assurance. Teach me to pursue peace, even when it's hard work. Bless me when I bring your peace to others.

> God blesses those who work for peace, for they will be called the children of God. MATTHEW 5:9

a trusted friend helps no through

Loving God,

Please teach me to be available to my friends. Help me follow the wonderful example of Ruth, whose commitment to Naomi went far beyond what was expected of her. I pray that my loyalty to the friends you have given me will pass the test of adversity. May my faithfulness in times of trouble encourage them with a glimpse of your eternal faithfulness.

[Ruth said to Naomi,] "Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God." RUTH 1:16

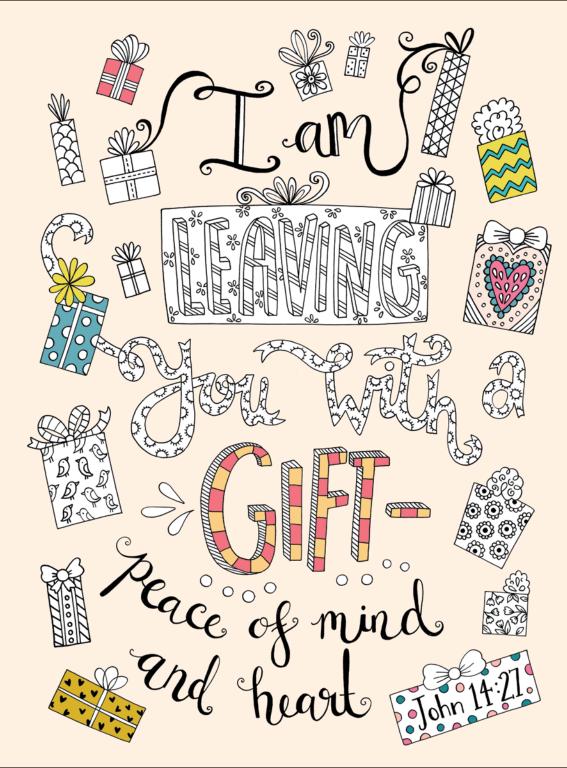
wherever you go, 1 will go

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RECEIVE THE GIFT

Make a list of people and blessings that bring you feelings of contentment and satisfaction. Take time to thank God for them.



Almighty God,

I am amazed when I consider eternity. I'm thankful that it won't be merely an extension of my current life, where I suffer, grieve, and hurt. You promise something new. I praise you because you will create a new earth—a beautiful place with no sin, sorrow, or pain. How I look forward to a new home that is better than this one in every way!

I saw a new heaven and a new earth, for the old heaven and the old earth had disappeared.

REVELATION 21:1

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Heavenly Father,

You command me through your Word to build up others. Please open my eyes to see the opportunities you give me to encourage others with a kind smile or affirming words or simply by providing help. May I be faithful in following through when you prompt me. I pray that these encounters will allow others to feel your rich love for them.

We should help others do what is right and build them up in the Lord.



