



Blessings Devotional Coloring Book and Guided Prayer Journal, Pocket Edition

Pam Vale

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This compact, portable coloring book, prayer journal includes 33 coloring patterns, illustrated by Pam Vale, printed on one side with a blank backside, 33 Bible Scripture excerpts to color and prompt journaling along with 99 lined journal pages for written reflection. Throw this in your bag and express your creative side on the go, with this artistic, personal growth tool. Explore your connection with God and receive insight from His wisdom. The intent of this book is that the process is more important than the outcome. These patterns are simple and geared towards any coloring skill level. They were designed to be repetitive and meditative. Some of the small icons are repeated on the journaling pages, providing the opportunity to try something new. Change the colors, add shading, create patterns...it's all up to you. Guided journaling can help you gain clarity, reduce stress, work through problems and discover what speaks to your heart. Coloring can quiet the mind, stimulate the imagination and provide a safe space to grow spiritually. Markers, colored pencils or gel pens are recommended but well sharpened crayons can also be used. Slide a piece of paper behind to prevent bleed through.

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