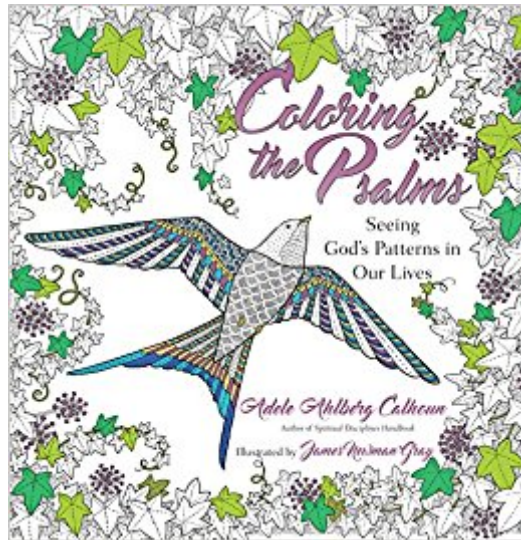




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Coloring The Psalms: Seeing God's Patterns In Our Lives



Synopsis

Enjoy the creativity and freedom of adding color to intricate patterns paired with brief spiritual practices adapted from Adele Ahlberg Calhoun's beloved resource *Spiritual Disciplines Handbook*. From the magnificence of the sun to the treasures of the deep, from the abundance of the meadows to the unique structure of a snowflake, this collection of delightfully detailed art illuminates the Psalms. Scripture provides inspiration and reflection for each of the beautiful designs in this imaginative coloring book. The art will draw you closer to God as you explore Scripture meditation, worship, breath prayer, practicing the presence of God, and more.

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Where spiritual direction meets coloring 'I love Adele Calhoun's book Coloring the Psalms. It's where spiritual direction meets coloring, meets the psalms. What an effective way to slow life down and reflect, all while enjoying the art of coloring.' ã&Â Â"Anita Lustrea, podcaster, spiritual director, author A coloring playdate with God 'In Coloring the Psalms, Adele Calhoun serves up Scripture and conversation starters for a coloring playdate with God. Yes, coloring can be a spiritual practice! Enjoy!' ã&Â Â"Sharon Swing, coauthor of Listen to My Life Adele Calhoun is a trusted companion 'Praying so often feels like a

wispy exercise. Coloring calls for just enough attention and action to remain undistracted and present to God. As a spiritual director, pastor, and author, Adele Calhoun is a trusted companion who continues to show us more doors into the garden of prayer." Ty Grigg, pastor, spiritual director, author Good medicine for the weary soul. Adele Ahlberg Calhoun facilitates the stillness we desperately need in Coloring the Psalms. She has coupled Scriptures with inspirational designs to color, creating space for us to rest in God's presence. This is good medicine for the weary soul." Erin Straza, author of Comfort Detox

[View larger](#) A Trusted Voice in Spiritual Growth Adele Ahlberg Calhoun is a retreat speaker and trained spiritual director who has worked in Christian ministry for over forty years. She has written countless spiritual formation books including the beloved Spiritual Disciplines Handbook, Invitations from God, True You, and Women & Identity. With her husband, Doug, she is currently copastor of Redeemer Community Church in Needham, Massachusetts. She was also pastor of spiritual formation at Christ Church in Oak Brook, Illinois, and she has helped pioneer student work around the world with organizations like the International Fellowship of Evangelical Students and InterVarsity Christian Fellowship.

"I love Adele Calhoun's book Coloring the Psalms. It's where spiritual direction meets coloring, meets the psalms. What an effective way to slow life down and reflect, all while enjoying the art of coloring." (Anita Lustrea, podcaster, media coach, spiritual director, and author)"Jean Vanier writes, 'Prayer is like a secret garden made up of silence and rest and inwardness. But there are a thousand and one doors into this garden and we all have to find our own.' Art has certainly been a door for me into the garden of prayer, slowing me down, activating creativity, and engaging my senses. Praying so often feels like a wispy exercise. Coloring calls for just enough attention and action to remain undistracted and present to God. Adele Calhoun and illustrator James Newman Gray have prepared a feast pairing portions of psalms with guided meditations and intricately detailed drawings that invite you to share in the creative process: 'This is for you! What will you create?' As a spiritual director, pastor, and author, Adele Calhoun is a trusted companion who continues to show us more doors into the garden of prayer." (Ty Grigg, pastor, spiritual director, author)"Each part of Coloring the Psalms—Meditation, Attentiveness, Prayer, and Worship—walks me through a needed progression toward Christ, to 'cast my cares upon him because he cares for me.' The simplicity of putting colored pencil to paper, something I learned in preschool, proves to be a tangible way to live in the moment and clear my frazzled mind." (Gillian Marchenko, author of Still

Life)"Today's minds, trained on constant stimulation, find it difficult to be still and know that God is God. Adele Ahlberg Calhoun facilitates the stillness we desperately need in *Coloring the Psalms*. She has coupled Scriptures with inspirational designs to color, creating space for us to rest in God's presence. This is good medicine for the weary soul." (Erin Straza, associate editor at *Christ and Pop Culture*, author of *Comfort Detox*)"Coloring the Psalms is a treasure that weaves the gentle focus of coloring beautiful line drawings together with spiritual practices and inspiring words from the book of Psalms. I have long loved praying the psalms as a doorway into my own humanity. The psalmists' words invite us into the timeless experience of being humans striving to relate to God through vocal prayer. When I color my way into prayer, time slows and my attention shifts from worry, planning, and every manner of thinking to a gentler, more open experience of presence. Being relaxed as I color makes me more teachableâa very helpful state for a person in prayer!" (Jennie Isbell, spiritual director, coauthor of *Finding God in the Verbs*)"As a spiritual director, I often recommend drawing or coloring as a spiritual practice to those with whom I meet, especially ones who struggle to get out of their frenetic thinking patterns and into a restful posture of receptivity to the Spirit. In this wonderful resource, *Coloring the Psalms*, Adele Calhoun extends the novice or practiced colorer a welcoming invitation to experience this contemplative art and taste the joy, peace, and prayers that are awakened by it. I can't wait to get my copy and introduce it to many with whom I meet!" (Beth A. Booram, Sustainable Faith Indy, author of *Starting Something New and Awaken Your Senses*)"Adele Ahlberg Calhoun's practical and beautiful work *Coloring the Psalms* is a rich exercise in bringing out the various colors of God's heart for the world. This coloring book is well worth the time, energy, and slowing it takes to let God speak through such a creative medium." (Casey Tygrett, teaching pastor, Heartland Community Church, Rockford, IL, author of *Becoming Curious*)

Adele Ahlberg Calhoun (MA, Gordon-Conwell Theological Seminary) has worked in Christian ministry for over forty years and is currently copastor, with her husband, Doug, of Redeemer Community Church in Needham, Massachusetts. She was formerly pastor of spiritual formation at Christ Church in Oak Brook, Illinois. She is the author of *Spiritual Disciplines Handbook*, *Invitations from God* and the coauthor of *True You and Women & Identity*. A retreat speaker and trained spiritual director, she has taught courses at Wheaton College and Northern Seminary. In the early 1970s she helped pioneer student work with the International Fellowship of Evangelical Students in Southeast Asia and the Middle East. She has also worked with InterVarsity Christian Fellowship in New England and Canada and with the International Fellowship of Evangelical Students in the West

Indies and South Africa. James Newman Gray is an illustrator based in Sheffield, United Kingdom. He has worked in the greetings card industry for several years. His style varies from contemporary designs to hand lettering, from cute characters to traditional art.

I really enjoy using coloring books as a devotional exercise. The calm consistency helps me focus my wandering mind. This book has given me ideas on how to take this to a whole new level. The book has one verse of a Psalm with each coloring sheet. It is divided into sections entitled "Meditation", "Attentiveness", "Prayer", and "Worship". In the meditation section Calhoun might have you pick one word from the verse that sticks with you and mull it over as you color, in the worship section she might have you choose a new topic for thanksgiving each time you pick a new shade to color with. Her practicality has been an invitation to freshness and intentionality in my devotions. The illustrations are gorgeous as well. I enjoy the small spaces that build on one another, rather than wide open images. The animal and nature-scapes are a breath of fresh air.

Coloring the Psalms is a lovely book promoting prayer and meditation with spiritual exercises meant to draw the reader closer to God through quiet time devoted to coloring intricate patterns while thinking over verses from the Psalms and being mindful of God's presence. I appreciate the concept of the book as a whole, but the intricate patterns were not for me. Such patterns stress rather than relax me. However, many people who color enjoy intricate patterns. In fact, I passed this book along to a friend of mine who was thrilled with the designs. If you, like her, enjoy tightly woven patterns to color, then I highly recommend this coloring book. Please note: In accordance with FTC guidelines, I received a free copy of this book from the publisher in exchange for an honest review.

I found this book warm and calming. I'm not typically one who gravitates to coloring but I cannot stop with this one. It has literally drawn me in and I find it peaceful and life-giving. I highly recommend this book for anyone who wants to find some space to think and be and pray. It's great for students, kids and adults. So grateful that she created this project!

A friend gave me this book after I mentioned that I hadn't jumped on the coloring pages bandwagon. I love Calhoun's Spiritual Disciplines Handbook, however, so I was intrigued by this concept of combining Scripture, spiritual disciplines, and reflection questions for prayer. I love this book! Slowing down to color while I pray has now become a regular (and joyful) practice. What a beautiful

way to draw near to God and listen. This book makes a perfect gift!

Adele's new book turns the adult coloring craze into a reflective act of worship. In this book spiritual direction and art are beautifully intertwined to engage the soul in dialogue with the Creator. This is much more than a coloring book. It is a sacred place to meet with God. I have bought this for all my ministry leaders not only as a wonderful Christmas gift, but as an investment toward their spiritual growth.

I've enjoyed it so far. Maybe too much of the artists little patterns. Not a lot of room for your own drawing and expression. Some people may like and need the artist patterns . I've looked, it's hard to find books with simple shapes that I can shade and draw as I see it. Some of the pictures are really nice some are just too busy. I just did the ocean picture and I didn't need or want the circles, etc...

I received this inspirational coloring book for Christmas. It is calming to read the meditation, then begin creating with color. The book is divided into four sections: Meditation, Attentiveness, Prayer and Worship. I highly recommend this coloring book as a thoughtful gift or for yourself.

This book is soothing to the soul. I have jumped on the bandwagon of coloring to de-stress, however "Coloring the Psalms" gives meaning to coloring pages. It marries the spiritual with the creative ~ with each turned page, I can feel the stress melt away. I love it! I bought a bunch for gifts to hand out and at such a great price point!

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