

Whatever IS Lovely

A COLORING BOOK FOR
REFLECTION AND WORSHIP

Whatever
IS
Lovely



WATERBROOK
PRESS

WHATEVER IS LOVELY
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Color Your Way to Peace

We talk about it all the time: finding peace, enjoying the quiet, spending time alone with the Lord. We quote Psalm 46:10, “Be still, and know that I am God.” We talk about heading to a peaceful spot in nature to enjoy the solitude and spend time alone with the Lord.

And then we Instagram the nature around us...

We tweet #Peace and #Blessed about our quiet time...

We pin or post a graphic of our favorite Bible verse...

We remember the long list of tasks that need to be done...

Of course, there’s nothing wrong with being busy, nor with technology or social media, but its introduction and inundation in our lives has presented some uniquely modern challenges. Quieting our minds, spending time meditating on the words of the Lord, and entering into a time of quiet reflection and worship is *hard*. We want to spend time with our Lord, we want to be quiet and hear what He has to say, but distractions are literally everywhere. Our minds have been trained to move from topic to topic quickly, and focusing and thinking deeply on one thing can be tough—despite our desires and best efforts.

That’s why we’ve created this book. Within these pages, we hope that you can enter into an immersive time of meditation, reflection, and worship. There is a spiritual practice called *Lectio Divina*—Latin for “divine reading”—where you read Scripture and then meditate and reflect on the words, making yourself open to whatever God wants to reveal to you. While we are in no way suggesting this book replace the time you spend in the Word, we’re hoping this can help you train your mind to be still, to focus, to quiet the world around you, and to open yourself up to how God wants to speak to you.

In the pages that follow, you’ll find beautiful illustrations surrounding some impactful words from Scripture, hymns, preachers, teachers, and writers. We hope you will read the words and meditate on them as you color. Let the Lord speak to you through the words, through your creativity, and through the action of creating something beautiful.

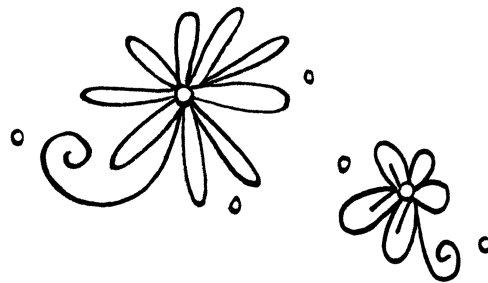
At the back of this book you’ll find a link to a Spotify playlist called “Whatever Is Lovely” to help

usher you into a time of worship and reflection. Have it playing in the background as you color and reflect, allowing the words on the page and the song itself to bring you into a sweet time with Christ.

This book is about worship. It's about hearing from our God who only wants to spend time with us, to speak to us, and to grow us. This book is about taking holy meditation, creativity, and art and infusing it into our spiritual practices and quiet times to find a fresh and life-giving way to engage with our Heavenly Father. It's about quieting those distractions that often can be loud and troublesome and finally allowing ourselves to ease into quality time with our Savior. Christ has so much He wants to share with us; we simply need to listen.

Of course, worship is often best shared with others. Why not get a group of friends together and have a coloring night? Gather around a table and share your lives and your stories while sharing your colored pencils.

Finally, if you can't resist the urge to Instagram (who can blame you?), we'd love it if you would Instagram the pages you color with the hashtag #WhateverIsLovely.





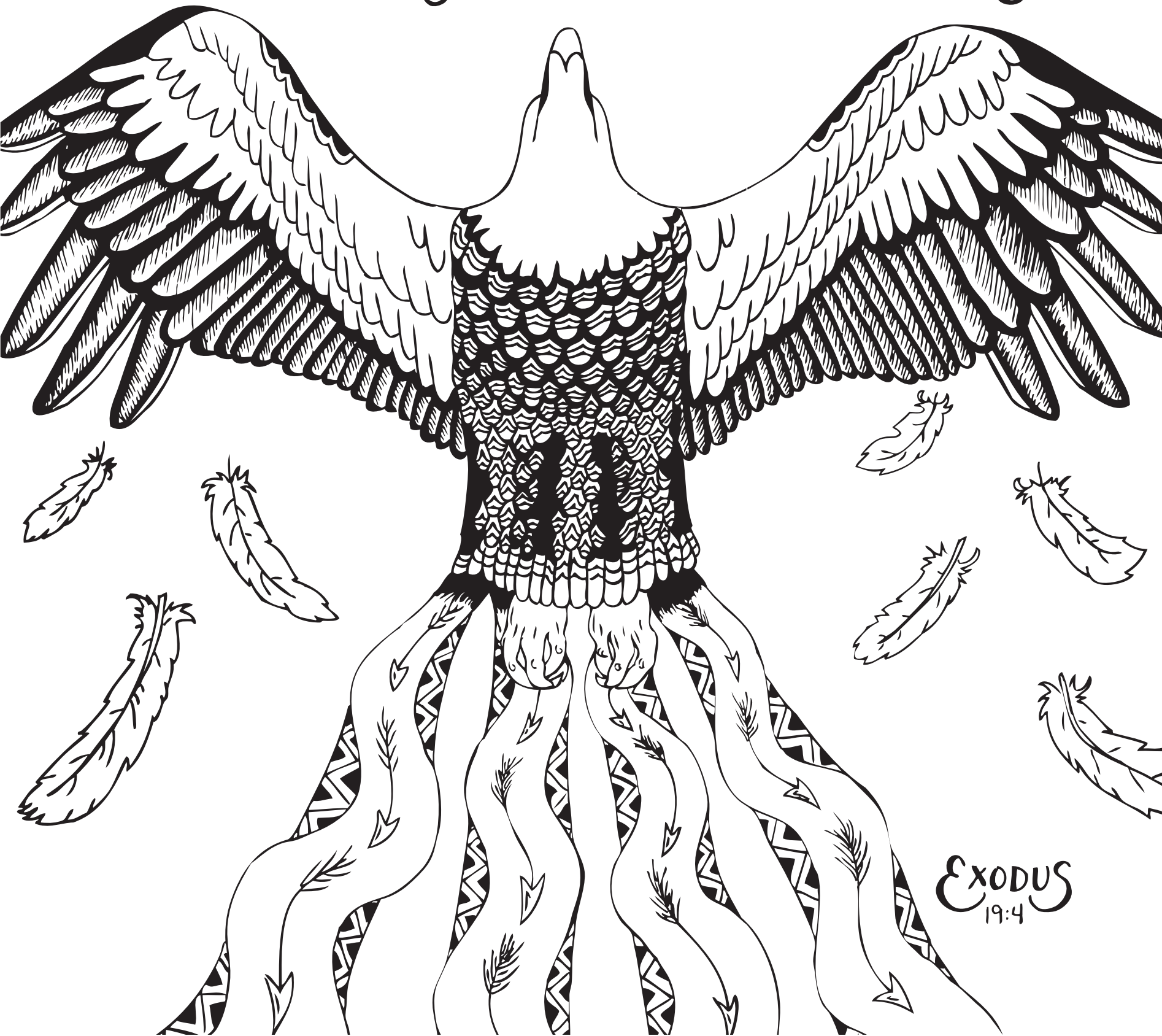
Love defies
expectations

Rachel Held
Evans

From the blog post “Love Is Not Weak,” May 11, 2011, at RachelHeldEvans.com.
Rachel Held Evans is a speaker and *New York Times* best-selling author.

Illustrated and hand-lettered by Jennifer Tucker

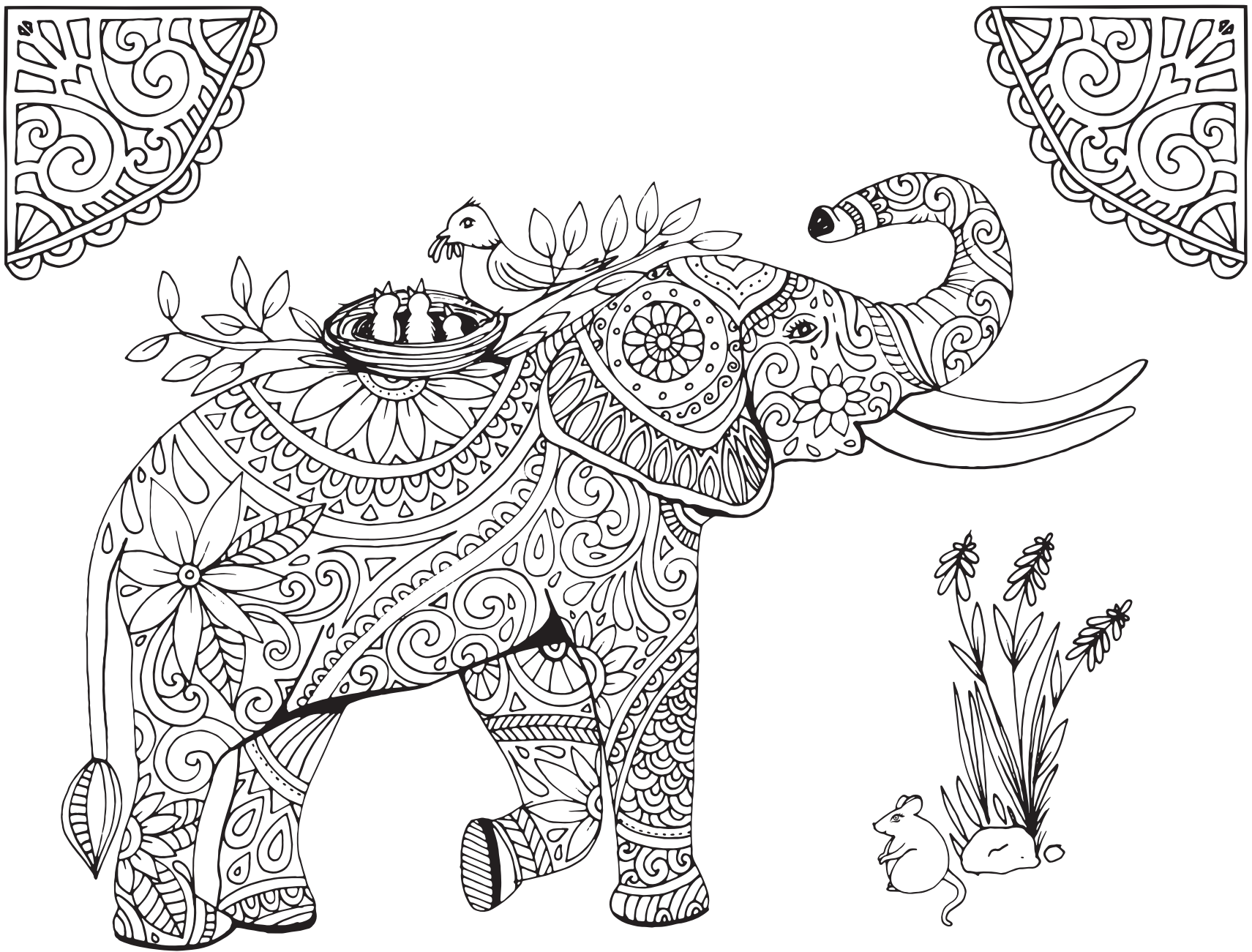
I CARRIED YOU ON EAGLES' WINGS.



EXODUS
19:4

“You yourselves have seen what I did to Egypt, and
how I carried you on eagles’ wings and brought you
to myself” (Exodus 19:4).

Illustrated by Katherine Howe
Hand-lettered by Jennifer Tucker



LET YOUR GENTLENESS BE EVIDENT.

— PHILIPPIANS 4:5

“Rejoice in the Lord always. I will say it again:
Rejoice! Let your gentleness be evident to all”
(Philippians 4:4–5).

Illustrated by Carrie Stephens



Chasing
Grace

How sweet the sound

John
Newton

Amazing Grace

by John Newton

Amazing grace! How sweet the sound
That saved a wretch like me!
I once was lost, but now am found;
Was blind, but now I see.

'Twas grace that taught my heart to fear,
And grace my fears relieved.
How precious did that grace appear
The hour I first believed.

Through many dangers, toils and snares,
I have already come.
'Tis grace hath brought me safe thus far,
And grace will lead me home.

The Lord has promised good to me,
His Word my hope secures;
He will my Shield and Portion be,
As long as life endures.

When we've been there ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we'd first begun.

John Newton first went to sea at age eleven with his widowed father. He later was pressed into service on a British Navy man-of-war vessel and ultimately deserted because the conditions on board were unbearable. He became involved in the slave trade, and while navigating a terrible storm in 1748, Newton cried out to God to save him, and the ship was brought safely through the storm. He considered that the moment of his conversion and was inspired to write "Amazing Grace" about it many years after he left the sea.

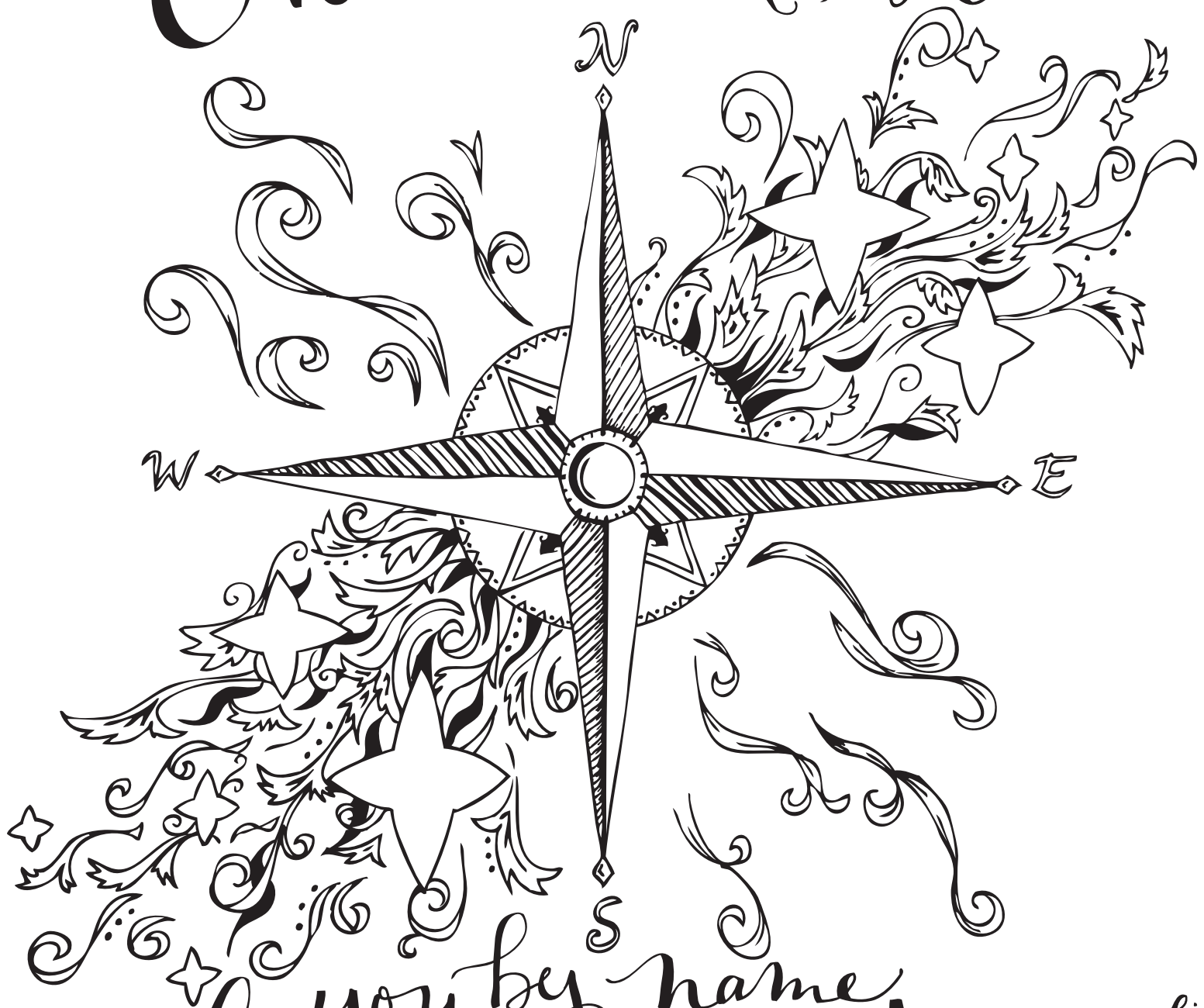


Psalms 19:14
(KJV)

“Let the words of my mouth, and the meditation
of my heart, be acceptable in thy sight, O LORD,
my strength, and my redeemer” (Psalm 19:14, KJV).

Illustrated and hand-lettered by Lisa Shirk

The One who names the stars



calls you by name
and calls you His.

Liz
Curtis
Higgs

Based on Psalm 147:4, from the blog “The One Who Names the Stars,” July 16, 2015,
at LizCurtisHiggs.com. Liz Curtis Higgs is a speaker and the best-selling author of *The
Women of Christmas* and many other books.

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