

**SNEAK
PEEK**

**UNCORRECTED
PROOF**

Choose Joy

A COLORING BOOK OF GRATITUDE AND WONDER



Choose
Joy

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COLOR YOUR WAY TO GRATITUDE AND WONDER

CHOOSE JOY. GRATITUDE. WONDER.

These are all words and phrases we throw around flippantly. We hand-letter them onto canvases and stick them on our walls. We make graphics of them and post them to Instagram. We get them tattooed on our wrists.

But when we turn on the news, when we get that diagnosis, when we say good-bye to a loved one or lose that job, those words seem to deflate right out of our vocabulary and hearts entirely.

There are many reasons to be worried, upset, and sad these days. It's easy to watch the news and feel overcome with fear, dread, and anger. With political strife, pandemics, wars, and much more dominating the news, the idea of choosing joy as we rest in gratitude and wonder of the blessings around us feels like quite the empty gesture. But that is precisely what we as people of faith are called to do.

When we feel overwhelmed by the pain, suffering, and injustice in the world we cannot personally fix, pausing to stand in gratitude and wonder of our amazing God reminds us that indeed we aren't in control—and thank goodness for that. The same God who created the beautiful trees swaying gently in the wind in our front yard, the same God who created your children, your friends, and your family, the same God who made everything good and beautiful in this world is in control. Taking the time to choose joy as we meditate on gratitude and the wonder of our awesome God is the best way for us to realize that while we might not be big enough to fix our broken world, our God is.

Finding the time to slow down our hectic lives long enough to revel in that gratitude and peace is hard to do. That is why this book exists. Within these pages, you'll find words from writers, teachers, preachers, and the Scriptures that will remind you of the wonder of our awesome God. As you break out your favorite art supplies to color these pages, we hope you meditate on the words written on the page to remember how blessed we are, and what a big God we serve.

Consider this your official invitation to let go. Let go of your need to control things you couldn't control in the first place. Let go of the illusion that you can fix our unwell earth. Choose to sit in joy, gratitude, and wonder. Use these pages to help you slow down and remember what God has done for you and what He continues to do. At the back of the book, you'll find the link to a Spotify playlist that we hope will help amplify your time with this book and usher you into a more complete moment of worship and gratitude.

So go ahead, take a few minutes out of your busy day, let your soul relax, and choose joy. And if you'd like to share some of your artwork and engage with other people using this book, post it on Instagram using the hashtag #ChooseJoyColoringBook.



Fill the
earth
with your
songs of
GRATITUDE
CHARLES SPURGEON

When the winter is past, and the rain is over and gone, fill the earth with your songs of gratitude. But remember, O Believer, that you should sing your Well-Beloved a song chiefly when it is not so with you, when sorrows befall.

—Charles Haddon Spurgeon, in a sermon delivered at the Metropolitan Tabernacle in Newington, London, on March 5, 1871

Illustrated by Ann-Margret Hovsepian



Count Your Blessings

When upon life's billows you are tempest tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.

REFRAIN:

Count your blessings, name them one by one;
Count your blessings, see what God hath done;
Count your blessings, name them one by one;
Count your many blessings, see what God hath done.

Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings, ev'ry doubt will fly,
And you will be singing as the days go by. [Refrain]

When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold;
Count your many blessings, money cannot buy
Your reward in heaven, nor your home on high. [Refrain]

So, amid the conflict, whether great or small,
Do not be discouraged, God is over all;
Count your many blessings, angels will attend,
Help and comfort give you to your journey's end.

—Johnson Oatman Jr. (1856–1922) was not a good singer, but at age thirty-six he discovered a different musical talent: songwriting. By the end of his life, Oatman had penned more than five thousand songs. He wrote “Count Your Blessings” in 1897, and though it wasn’t one of his personal favorites, it would become one of his most famous.

Illustrated by Katie Howe



Reflect upon your present blessings—of which every man has many—
not on your past misfortunes, of which all men have some.

—Charles Dickens, from *A Christmas Dinner*, a short story written in 1835 by the young author
about a charming celebration at the home of his Uncle George.

Illustrated by Laura Marshall Denny



Happiness fades; we get used to the things that used to make us happy.
Joy doesn't fade. To live with joy is to live with wonder, gratitude, and hope.

— David Brooks, from *The Second Mountain: A Quest for a Moral Life*
(Random House, 2019). Brooks, a New York Times bestselling author,
is considered one of America's leading writers and commentators.

Illustrated by Holly Camp





Love

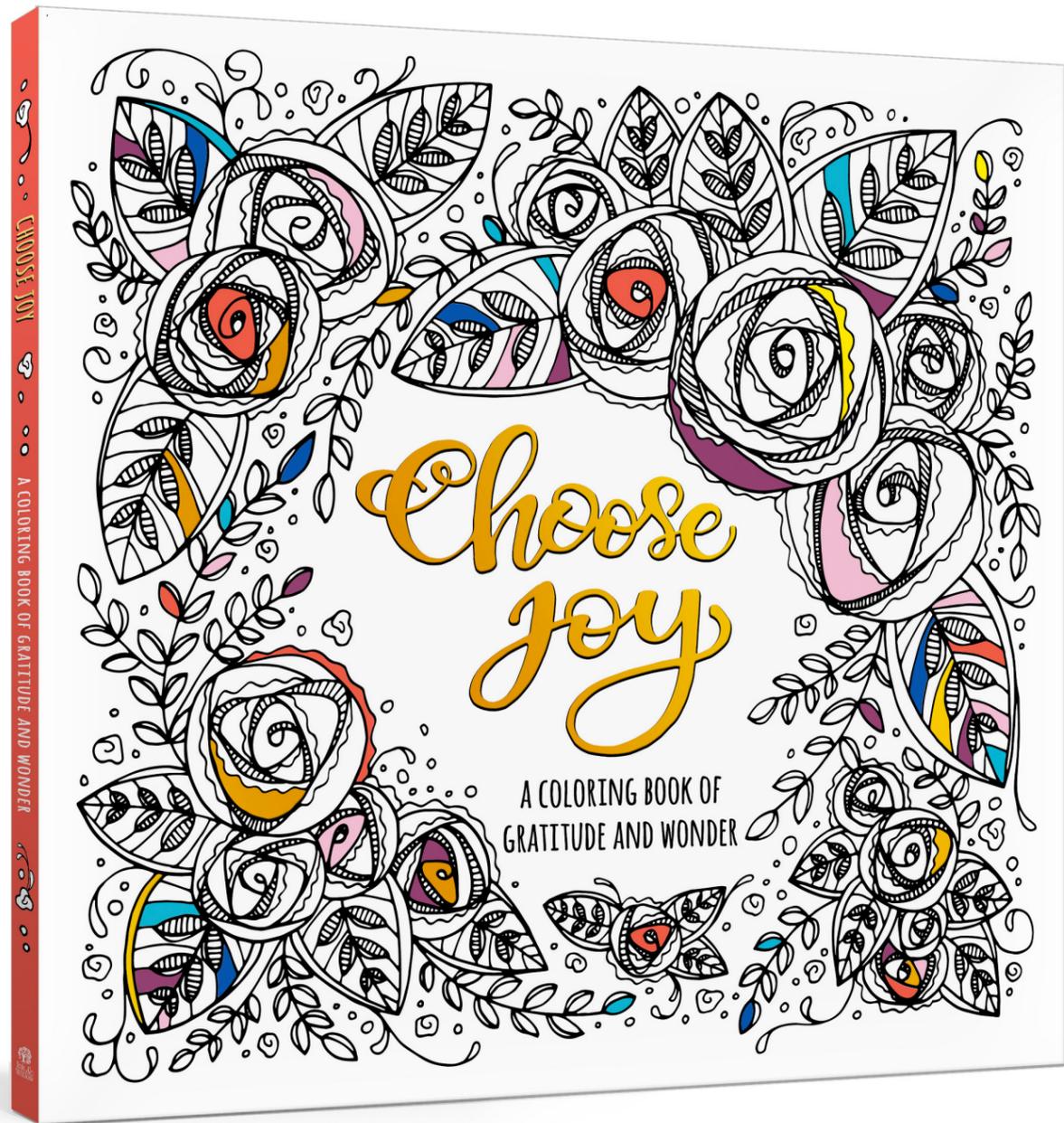
CASTS OUT FEAR,
AND *gratitude*
CAN CONQUER
PRIDE

Louisa May Alcott

Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and not be poorer but richer for having made it.

—A.W.Tozer, in *The Set of the Sail: Spiritual Guidance for the Christian Life* (Moody, 1986).
What Tozer (1897–1963) heard from God, he delivered through sermons and books.

Illustrated by Jennifer Tucker



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