



PRAYERS FOR WHEN YOU FEEL ANXIOUS COLORING PAGES

We hope that these coloring page prayers will help you in times when you might feel anxious. Through the words, images, shapes, and opportunities to color and reflect, we hope you will find peace and calm in your life.

We also love to see photos and hear stories about how you are using our coloring pages. When you are posting photos or comments online, please use the hashtag #illustratedministry or tag us in the photos so we can see them. That allows us to be part of the conversation and you to be part of our online community.

Additionally, checking the hashtag on various social networks is a great way to get to see how other families and churches are creatively using our resources.

CONNECT WITH US ONLINE

You can always reach us at info@illustratedministry.com or find us online:

Facebook:	facebook.com/IllustratedMin
Facebook Group:	facebook.com/groups/IllustratedMin
Instagram:	instagram.com/IllustratedMin
Pinterest:	pinterest.com/IllustratedMin
Twitter:	twitter.com/IllustratedMin

Blessings,

The Illustrated Ministry Team

TEXT OF THE PRAYERS

Below you can find the full text included in each of the coloring page prayers:

Coloring Page 1 Prayer:

Holy God,

You are with us from the spinning planets in our sky to the tiniest microbe that lives on the tiniest paw of the tiniest mouse.

You care for creation and you care for us.

Whether we are out in the world or tucked inside at home, we know that you are as close as the air we breathe. Thank you for being our friend and comforter.

Amen.

Coloring Page 2 Prayer:

Into your spacious heart

and loving hands, dear God,

I place my fears, my “what ifs,”

my spinning world and mind...

Comfort me with the truth

no fear is too big for the

Great One, who is always with me.

I am never alone.

Calming God, bring courage.

Tender Spirit, breathe peace.

Gentle Jesus, be close.

Amen.

Coloring Page 3 Prayer:

God of presence and strength,

Help us feel you here with us

when we are anxious and afraid,

when the future feels unwieldy and uncertain.

We know nothing is unknown to you, O God,

and we know you are our rock

and our comfort in times of trouble.

Give us wisdom and courage

to make changes that will help things get better.

Amen.

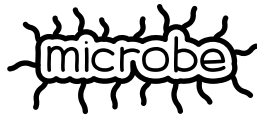
HOLY GOD

YOU ARE WITH US

from the spinning planets in our



to the



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of the tiniest **mouse**.

you care for the

CREATION

&

you care for

US

Whether we are out in the

WORLD

or tucked
inside our

Home,

we know that You are as **CLOSE** as the

AIR THAT WE BREATHE.

Thank You for being our friend and comforter.

Amen

Into your spacious

heart

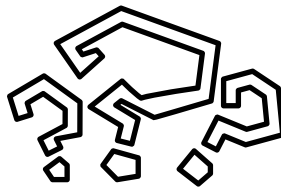
AND LOVING HANDS

dear God

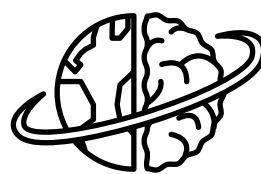
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CALMING GOD, BRING COURAGE

TENDER SPIRIT, BREATHE PEACE

GENTLE JESUS, BE CLOSE

Amen

GOD

OF

PRESENCE & STRENGTH

Help us feel you
here with us...

...when we are
anxious and afraid

WHEN THE FUTURE FEELS

UNWIELDLY

AND

UNCERTAIN

WE KNOW **NOTHING** IS **UNKNOWN** TO YOU

OUR GOD

WE KNOW YOU ARE OUR ROCK

AND OUR COMFORT IN TIMES OF

TROUBLE.

Give us WISDOM and COURAGE...

...to make CHANGES that will help...

THINGS GET BETTER.

Amen.