

I am delighted you chose to take time out for you: for your relationship with God. It is my desire that as you let your fingers color the spaces you will enjoy being in God's presence and dwelling on His word.

Each of these pictures in this book are meditative pieces. They are based on scripture and were drawn as a mode of contemplation/'Selah', a way to pause and ponder over the words.

I pray blessings on you as you pick up your color pencils to dwell on God's word. I pray that your *thoughts would be fixed on what is true, and honorable, and right, and pure, and lovely, and admirable. Things that are excellent and worthy of praise.*
(*Philippians 4:8 The Holy Bible, NLT, italics added*)

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"How to use this book"

Each piece is preceded by the *scripture passage in focus*. Please read the passage (the scripture has been included in the text). Some of the notes would include questions or simple descriptions of the artwork to help you ponder over the scriptures. Simply color the pictures and de-stress as you picture yourself in the scriptural context.

The primary intent of these pages is to help you contemplate. Hopefully this offers an opportunity to re-center and focus. You will find blank pages between the coloring pages.

These are for your own expressions of your communication with the Holy Spirit, your own contemplative doodles.

Blessings!

Word from the Designer

I would love to hear and see more of the pictures you color or create. Feel free to send me a copy of your completed picture at sujas.selah@gmail.com or simply post it on <https://www.facebook.com/Selah.Art.Reponses> . By submitting your artwork or the colored artwork you will give Selah Art the right to use it on the Selah Art related online spaces such as <https://artresponse.wordpress.com/> and/or on the facebook page <https://www.facebook.com/Selah.Art.Reponses>

Thank you!

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Love is...

Scripture in Focus:

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever! Now our knowledge is partial and incomplete, and even the gift of prophecy reveals only part of the whole picture! But when the time of perfection comes, these partial things will become useless.

1 Corinthians 13: 4 – 10 (NLT)

Ponder as you color:

It all began with love. The works of our creator began in love. It was with love God made us.

This doodle of hearts and flourishing plants with flowers and fruits was birthed from pondering over God's love and how we are called to love.

As you color this picture allow yourself to be lost in God's pure and perfect love for you.



Word from the designer

If you enjoyed meditating and coloring the Contemplative Coloring Book please would take the time to comment on <https://www.facebook.com/Selah.Art.Reponses> or at <https://artresponse.wordpress.com/>

If you would like to share a colored picture or your own Selah Art please email it to the author at sujas.selah@gmail.com or simply post it on <https://www.facebook.com/Selah.Art.Reponses>

Thank you!

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