



**THE COLORING
PAUSE COLLECTION**

HOW TO USE THIS RESOURCE

WELCOME TO THE EVENING PAUSE COLLECTION.

THIS RESOURCE WAS CREATED FOR THOSE MOMENTS WHEN YOU'RE FEELING STRESSED, OVERWHELMED, BORED, LONELY, OR TEMPTED TO TURN TO FOOD FOR COMFORT.

INSTEAD OF HEADING TO THE PANTRY, TRY PAUSING HERE.

CHOOSE A COLORING PAGE THAT SPEAKS TO YOU. PRINT THE COLORING PAGE AND THE ACCOMPANYING REFLECTION PAGE. AS YOU COLOR, ALLOW YOURSELF TO SLOW DOWN AND BREATHE.

SPEND A FEW MOMENTS READING THE SCRIPTURE AND PRAYING THE PRAYER. THEN USE THE JOURNALING SPACE TO PROCESS WHAT'S ON YOUR HEART.

THERE IS NO RIGHT OR WRONG WAY TO USE THESE PAGES.

YOU MAY COMPLETE ONE IN A SINGLE SITTING OR RETURN TO IT THROUGHOUT THE WEEK. THE GOAL IS TO CREATE SPACE TO PAUSE, CONNECT WITH GOD, AND RESPOND TO YOUR EMOTIONS WITH INTENTION RATHER THAN IMPULSE.

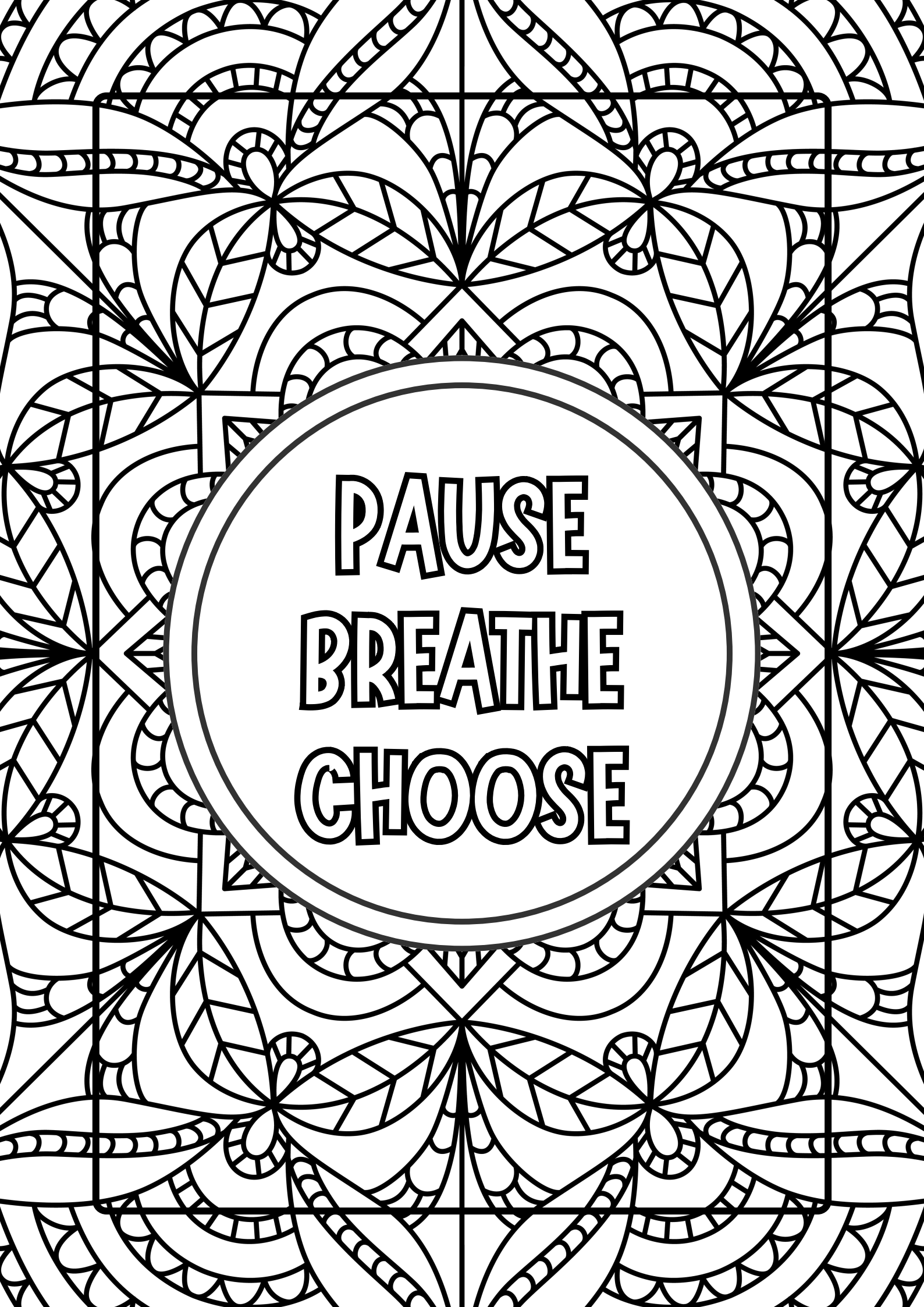
MY PRAYER IS THAT THESE PAGES HELP YOU REPLACE DISTRACTION WITH REFLECTION, STRESS WITH PEACE, AND SHAME WITH GRACE.

REMEMBER, MEANINGFUL CHANGE HAPPENS ONE CHOICE, ONE MOMENT, AND ONE DAY AT A TIME.

LOVE, LORI

CREATOR, COACH, AND FELLOW TRAVELER ON THE JOURNEY TOWARD WELLNESS IN BODY, MIND, AND SOUL.

I ESPECIALLY LOVE THE LINE:
"INSTEAD OF HEADING TO THE PANTRY

A black and white line drawing of a mandala. The mandala is composed of intricate, repeating geometric and organic patterns, including circles, triangles, and leaf-like shapes. In the center of the mandala is a large circle containing the text "PAUSE BREATHE CHOOSE" in a bold, sans-serif font. The text is arranged in three lines: "PAUSE" on the top line, "BREATHE" on the middle line, and "CHOOSE" on the bottom line. The entire image is a line drawing, suitable for coloring.

**PAUSE
BREATHE
CHOOSE**

REFLECTION

WHAT EMOTION AM I FEELING RIGHT NOW?

WHAT DO I NEED MOST IN THIS MOMENT?

WHAT CHOICE WOULD HONOR MY GOALS AND VALUES?

SCRIPTURE

"BE STILL, AND KNOW THAT I AM GOD."

PSALM 46:10

PRAYER

**LORD, SLOW MY RACING THOUGHTS. HELP ME PAUSE BEFORE
REACTING AND CHOOSE WISDOM OVER IMPULSE.**



**PROGRESS
NOT
PERFECTION**

REFLECTION

WHERE HAVE I MADE PROGRESS RECENTLY?

WHAT PERFECTIONISTIC THOUGHT DO I NEED TO RELEASE?

WHAT WOULD GRACE LOOK LIKE TODAY?

SCRIPTURE

**"HE WHO BEGAN A GOOD WORK IN YOU WILL CARRY IT ON TO
COMPLETION."**

PHILIPPIANS 1:6

PRAYER

**LORD, REMIND ME THAT GROWTH TAKES TIME. HELP ME CELEBRATE PROGRESS
INSTEAD OF DEMANDING PERFECTION.**



**ONE DAY
AT A
TIME**

REFLECTION

WHAT FEELS OVERWHELMING RIGHT NOW?

WHAT WOULD IT LOOK LIKE TO FOCUS ON JUST TODAY?

WHAT IS ONE HEALTHY CHOICE I CAN MAKE TODAY?

SCRIPTURE

"THEREFORE DO NOT WORRY ABOUT TOMORROW. FOR TOMORROW WILL WORRY ABOUT ITSELF. EACH DAY HAS ENOUGH TROUBLE OF ITS OWN."

MATT. 6:34

PRAYER

LORD, HELP ME STAY PRESENT TODAY. KEEP ME FROM BORROWING WORRIES FROM TOMORROW AND GIVE ME GRACE FOR THIS MOMENT.

A black and white line drawing of a mandala. The mandala is composed of intricate, repeating patterns of leaves and floral motifs, arranged in a circular, symmetrical fashion. In the center of the mandala is a large, white circle with a black border. Inside this circle, the text "GOD IS STILL WORKING" is written in a bold, sans-serif font, with each word on a new line. The text is centered within the circle and the mandala.

**GOD IS
STILL
WORKING**

REFLECTION

WHERE HAVE I SEEN GOD AT WORK RECENTLY?

WHAT AREA OF MY LIFE FEELS UNFINISHED?

HOW CAN I TRUST HIM WITH THE PROCESS?


SCRIPTURE

"BEING CONFIDENT OF THIS, THAT HE WHO BEGAN A GOOD WORK IN YOU
WILL CARRY IT ON TO COMPLETION UNTIL THE DAY OF CHRIST JESUS."

PHILIPPIANS 1:6

PRAYER

LORD, THANK YOU THAT YOU HAVEN'T GIVEN UP ON ME. HELP ME TRUST
WHAT YOU'RE DOING EVEN WHEN I CAN'T SEE IT.

A black and white line drawing of a mandala. The mandala is composed of intricate, repeating geometric and floral patterns. At the center of the mandala is a large white circle with a black outline. Inside this circle, the text "YOU WERE MADE FOR MORE" is written in a bold, uppercase, sans-serif font. The text is arranged in three lines: "YOU WERE" on the top line, "MADE FOR" on the middle line, and "MORE" on the bottom line. The background of the entire image is filled with the detailed mandala pattern, which includes various shapes like triangles, circles, and stylized floral motifs.

REFLECTION

WHAT LIES HAVE I BEEN BELIEVING?

WHAT TRUTH DOES GOD SAY ABOUT ME?

HOW DO I WANT TO SHOW UP TOMORROW?

SCRIPTURE

"FOR WE ARE GOD'S MASTERPIECE. HE HAS CREATED US ANEW IN CHRIST JESUS. SO WE CAN DO THE GOOD THINGS HE PLANNED FOR US LONG AGO."

EPH. 2:10

PRAYER

LORD, THANK YOU THAT YOU HAVEN'T GIVEN UP ON ME. HELP ME TRUST WHAT YOU'RE DOING EVEN WHEN I CAN'T SEE IT.

A black and white line drawing of a mandala. The background is filled with intricate, repeating geometric and floral patterns. In the center, there is a large circle with a double-line border. Inside this circle, the text "SMALL STEPS STILL COUNT" is written in a bold, sans-serif font, with each word on a new line.

**SMALL
STEPS STILL
COUNT**

REFLECTION

WHAT SMALL WIN CAN I CELEBRATE TODAY?

WHAT'S ONE TINY STEP I CAN TAKE NEXT?

WHAT HAPPENS WHEN I UNDERESTIMATE SMALL CHOICES?

SCRIPTURE

"DO NOT DESPISE THESE SMALL BEGINNINGS. FOR THE LORD REJOICES TO
SEE THE WORK BEGIN."

ZECH. 4:10

PRAYER

LORD, HELP ME REMAIN FAITHFUL IN THE SMALL THINGS AND TRUST THAT
THEY MATTER.

A black and white line drawing of a mandala. The mandala is composed of multiple concentric layers of intricate, repeating patterns. The central element is a large circle containing the text "WHEN LIFE HAPPENS" in a bold, sans-serif font. The text is arranged in two lines: "WHEN LIFE" on the top line and "HAPPENS" on the bottom line. The background of the mandala features a complex interplay of curved lines, creating a sense of depth and movement. The overall design is symmetrical and highly detailed, typical of a coloring page or a decorative graphic.

**WHEN LIFE
HAPPENS**

REFLECTION

WHAT USUALLY DERAILS ME?

WHAT CHALLENGE AM I FACING RIGHT NOW?

WHAT'S MY PLAN FOR RESPONDING DIFFERENTLY?

SCRIPTURE

"BUT HE SAID TO ME, "MY GRACE IS SUFFICIENT FOR YOU. FOR MY POWER IS MADE PERFECT IN WEAKNESS." THEREFORE I WILL BOAST ALL THE MORE GLADLY ABOUT MY WEAKNESSES. SO THAT CHRIST'S POWER MAY REST ON ME."

2 CORIN. 12:9

PRAYER

LORD, HELP ME REMEMBER THAT DIFFICULT MOMENTS DO NOT HAVE TO BECOME DEFEATED MOMENTS.

A black and white line drawing of a mandala. The mandala is composed of multiple concentric layers of intricate, repeating geometric and organic patterns. At the center is a large, empty circle. Inside this circle, the words "CHOOSE" and "PEACE" are written in a bold, sans-serif font, stacked vertically. The entire design is contained within a square border.

**CHOOSE
PEACE**

REFLECTION

WHAT IS STEALING MY PEACE TODAY?

WHAT IS WITHIN MY CONTROL?

WHAT DO I NEED TO SURRENDER?

SCRIPTURE

"YOU WILL KEEP IN PERFECT PEACE
THOSE WHOSE MINDS ARE STEADFAST.
BECAUSE THEY TRUST IN YOU."

ISA. 26:3

PRAYER

LORD, QUIET MY HEART AND HELP ME REST IN YOUR PRESENCE.

A black and white line-art mandala. The design is highly symmetrical, both horizontally and vertically. It features a central circle containing the text "START AGAIN" in a bold, sans-serif font. The background is filled with intricate, repeating geometric patterns. These patterns consist of overlapping circles, arcs, and lines that create a complex, lace-like structure. The overall effect is one of a dense, rhythmic, and balanced composition.

**START
AGAIN**

REFLECTION

WHERE DO I NEED A FRESH START?

WHAT LESSON CAN I LEARN FROM YESTERDAY?


WHAT WOULD IT LOOK LIKE TO BEGIN AGAIN WITHOUT SHAME?

SCRIPTURE

"BECAUSE OF THE LORD'S GREAT LOVE WE ARE NOT CONSUMED.
FOR HIS COMPASSIONS NEVER FAIL.
THEY ARE NEW EVERY MORNING:
GREAT IS YOUR FAITHFULNESS."
LAM. 3:22-23

PRAYER

LORD, THANK YOU FOR NEW MERCIES. HELP ME MOVE FORWARD INSTEAD OF STAYING STUCK IN REGRET.

A black and white line drawing of a mandala. The mandala is composed of multiple concentric layers of intricate, repeating geometric and organic patterns, including scalloped edges, teardrop shapes, and radiating lines. In the center of the mandala is a large, white circle with a black outline. Inside this circle, the words "HEALING", "HAPPENS", and "HERE" are written in a bold, uppercase, sans-serif font, stacked vertically and centered.

**HEALING
HAPPENS
HERE**

REFLECTION

WHAT WOUND, FEAR, OR STRUGGLE AM I CARRYING?

WHAT AM I TRYING TO SOOTHE WITH FOOD OR DISTRACTION?

WHAT WOULD HEALING LOOK LIKE?

SCRIPTURE

"HE HEALS THE BROKENHEARTED
AND BINDS UP THEIR WOUNDS."
PSALM 147:3

PRAYER

LORD, MEET ME IN THE PLACES THAT STILL HURT. HELP ME FIND COMFORT IN YOU INSTEAD OF TEMPORARY FIXES.