

# Prayers for When You Feel Anxious

COLORING PAGES



illustrated  
— MINISTRY —

[illustratedministry.com](http://illustratedministry.com)



## 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.

## CONNECT WITH US ONLINE

You can always reach us at [info@illustratedministry.com](mailto:info@illustratedministry.com) or find us online:

Facebook:	<a href="https://facebook.com/IllustratedMin">facebook.com/IllustratedMin</a>
Facebook Group:	<a href="https://facebook.com/groups/IllustratedMin">facebook.com/groups/IllustratedMin</a>
Instagram:	<a href="https://instagram.com/IllustratedMin">instagram.com/IllustratedMin</a>
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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

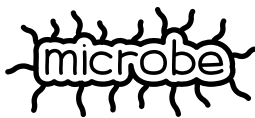


## YOU ARE WITH US

from the spinning planets in our



to the



that lives on the tiniest paw  
of the tiniest **mouse**.

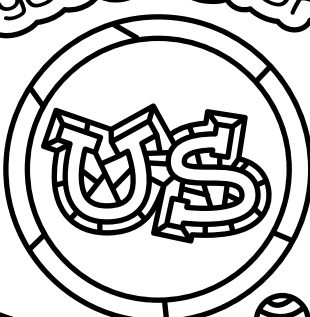
you care for the



### CREATION

&

you care for



### US



## 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

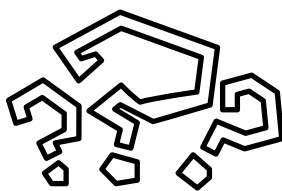
Into your spacious

heart

AND LOVING HANDS

dear God

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.

am never alone.

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

WOW GOD

we know you are our ROCK

AND OUR COMFORT IN TIMES OF

WAVE TROUBLE. WAVE

Give us WISDOM and COURAGE...

THINGS  
GET  
BETTER.

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

Amen.





## ABOUT THE WRITERS

**ARIANNE BRAITHWAITE LEHN** is a mother, one half of a clergy couple, writer, and ordained minister with the Presbyterian Church (USA). As a South Dakota native, Arianne originally planned on Law School until God called her to Taiwan where everything changed. She later graduated from McCormick Theological Seminary (Chicago). She and her family live in Wilmette, Illinois. Arianne is the author of *Ash and Starlight: Prayers for the Chaos and Grace of Daily Life*. You can connect with Arianne and her writing at her website [ariannebraithwaiteihn.com](http://ariannebraithwaiteihn.com).

**AMANDA MEISENHEIMER** is the Minister of Children and Families at the Riverside Church in the City of New York. Amanda specializes in intergenerational and therapeutic approaches to ministry and curriculum. Amanda also serves as the Executive Director of the Riverside CDF Freedom School, bringing a program of literacy and social justice to the children of the community. She and her two children make their home in Manhattan.

**LAYTON WILLIAMS** is a Presbyterian Church (USA) minister and a writer based in Charleston, SC. She serves as the Director of New Dawn Ministries at Sunrise Church on Sullivan's Island, and she is the author of *Holy Disunity: How What Separates Us Can Save Us*. She received her M.Div from Austin Presbyterian Theological Seminary, and previously served on staff at Sojourners in D.C. and Fourth Presbyterian Church in Chicago. Prior to ministry, Layton worked as a nonprofit educator for middle and high school students.

## ABOUT THE ILLUSTRATOR

**CORBY ORTMANN** is a digital illustrator and animator, whose work includes caricatures, graphic design, children's books, and animated commercials/music videos. He currently lives in Fargo, ND with his wife and daughter, who help him to step away from the art table every so often. You can find more of his work at [corbyortmann.com](http://corbyortmann.com).

## ABOUT THE DIRECTOR OF PRODUCT DEVELOPMENT

**REBEKAH LOWE**, a local of Kansas City, Southern California, and Austin, TX, earned a B.A. in Biblical Studies with a minor in Leadership Studies and a minor in Hebrew at Azusa Pacific University and served as the Director of Children's Ministry at Brentwood Presbyterian Church (USA) in Los Angeles, California, for over five years. She resides in Austin, TX with her husband and their two daughters.

## ABOUT ILLUSTRATED MINISTRY'S FOUNDER + CEO

**ADAM WALKER CLEVELAND** is an artist, pastor, pastor's spouse, and father of four (two living). Adam graduated from Princeton Theological Seminary with a Master of Divinity and a Master of Arts in Youth Ministry. As an ordained Teaching Elder in the Presbyterian Church (USA), Adam has served churches in Idaho, California, Oregon, and Illinois. Adam is the Founder and CEO of Illustrated Ministry, LLC and resides in Racine, Wisconsin with his family.