

Capture the Treasure!

What treasure did the Lord bless you with as you creatively meditated on His Word through the verses in this booklet?
Record below so you can remember.

You're Not Crazy!



Following Jesus for Life
(especially when it's tough)

Calligraphy Practice

Isaiah 40:31b

“Oh, there is, in contemplating Christ,
a balm for every wound,
in musing on the Father,
there is a quietus for every grief-
and in the influence of the Holy Ghost,
there is a balsam for every sore.

Would you lose your sorrows?
Would you drown your cares?

Then go plunge yourself
in the Godhead's deepest sea;
be lost in his immensity;
and you shall come forth
as from a couch of rest,
refreshed and invigorated.”

Charles Spurgeon

They will soar on
wings like eagles;
they will run & not
grow weary, they will
walk and not be faint.

Calligraphy Practice

Isaiah 40:30b-31a

and young men
stumble and fall
But those who hope
in the Lord will
renew their strength

FONT: Vintage Moon

You're Not Crazy!

A wealthy man once requested a meeting with his pastor.

"What's wrong?" the pastor asked.

"Nothing," he replied, "But as I follow Jesus and he keeps telling me to give large sums of money to advance God's kingdom, people keep asking if I'm crazy.

I need you to periodically remind me I'm not crazy for living this way."

Soon as I heard that story, I shared it with one of my friends and said, "That's exactly what I need!" Especially during intense seasons of life when God calls me to sacrifice and do things outside my comfort zone, or doesn't write the story of my life the way I hoped, what a difference it can make to be reminded of this.

God may not ask you to give large sums of money, but He will call you to do something that's not on your agenda, that the world (and you!) may view as crazy. Remember His thoughts aren't our thoughts, His ways aren't our ways. (Isa. 55:8-9) When do you most need someone to remind you "You're not crazy?"

What helps you hang in there when the going gets tough?

All throughout the Scriptures God has given us treasure to remind us we're not crazy for sacrificing to follow Him. He understands our need for encouragement. To the world, and sometimes even to other Christians, the risking and sacrificing we do to follow Jesus can seem crazy! So it can help to be reminded we're not.

If you have a friend who will remind you you're not crazy for following Jesus, that can be such a gift! But for the times when you might need encouragement and friends aren't around, this booklet presents creative ways to ponder the Lord's reminders and be refreshed in the process.

May the Lord meet you in special ways as you do this, encouraging your heart and filling you with much joy in His presence.

Creative Rest OPPORTUNITIES

1. Take Your Pulse & Sketch
2. Pondering With Jesus
3. Coloring Pages
4. Contemplative Doodling
5. Prayerful Patterns
6. Picture Meditation
7. Lined Borders
8. Combination Borders
9. Key Word Focus
10. Creative Breath Prayers
11. Picture Meditation
12. Collage
13. Wavy Lines
14. Calligraphy Practice
15. Highlights

Calligraphy Practice

Isaiah 40:29-30a

He gives strength to
the weary & increases
the power of the
weak. Even youths
grow tired & weary

Calligraphy Practice

Isaiah 40:28b

ends of the earth He
will not grow tired or
weary. And His
understanding no one
can fathom.

FONT: Vintage Moon

Take Your Pulse:



Always answer this question first.

What's Right?

Then, the following 3 questions can be answered in any order:

What's Wrong?

What's Missing?

What's Confused?

Take a moment to share your heart with the Lord:

Pondering With Jesus

Psalm 73 is an example of someone struggling with feeling crazy for following the Lord. If you have time it can be a powerful help to ponder the whole passage. Below is an excerpt.

Surely God is good to Israel, to those who are pure in heart. But as for me, my feet had almost slipped; I had nearly lost my foothold. For I envied the arrogant when I saw the prosperity of the wicked. They have no struggles; their bodies are healthy and strong. They are free from common human burdens; they are not plagued by human ills.

Psalm 73: 1-5

When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you. Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory. Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Those who are far from you will perish; you destroy all who are unfaithful to you. But as for me, it is good to be near God. I have made the Sovereign Lord my refuge; I will tell of all your deeds.

Psalm 73:23-28

LOOK: What word or phrase stands out to you as you read this verse? Write this below:

LISTEN: Why did this stand out to you? Dialogue with Jesus about this, writing your thoughts in the space below.

LIVE IT OUT: How do you sense Jesus inviting you to respond to what He's laid on your heart?

Calligraphy Practice

Isaiah 40:28

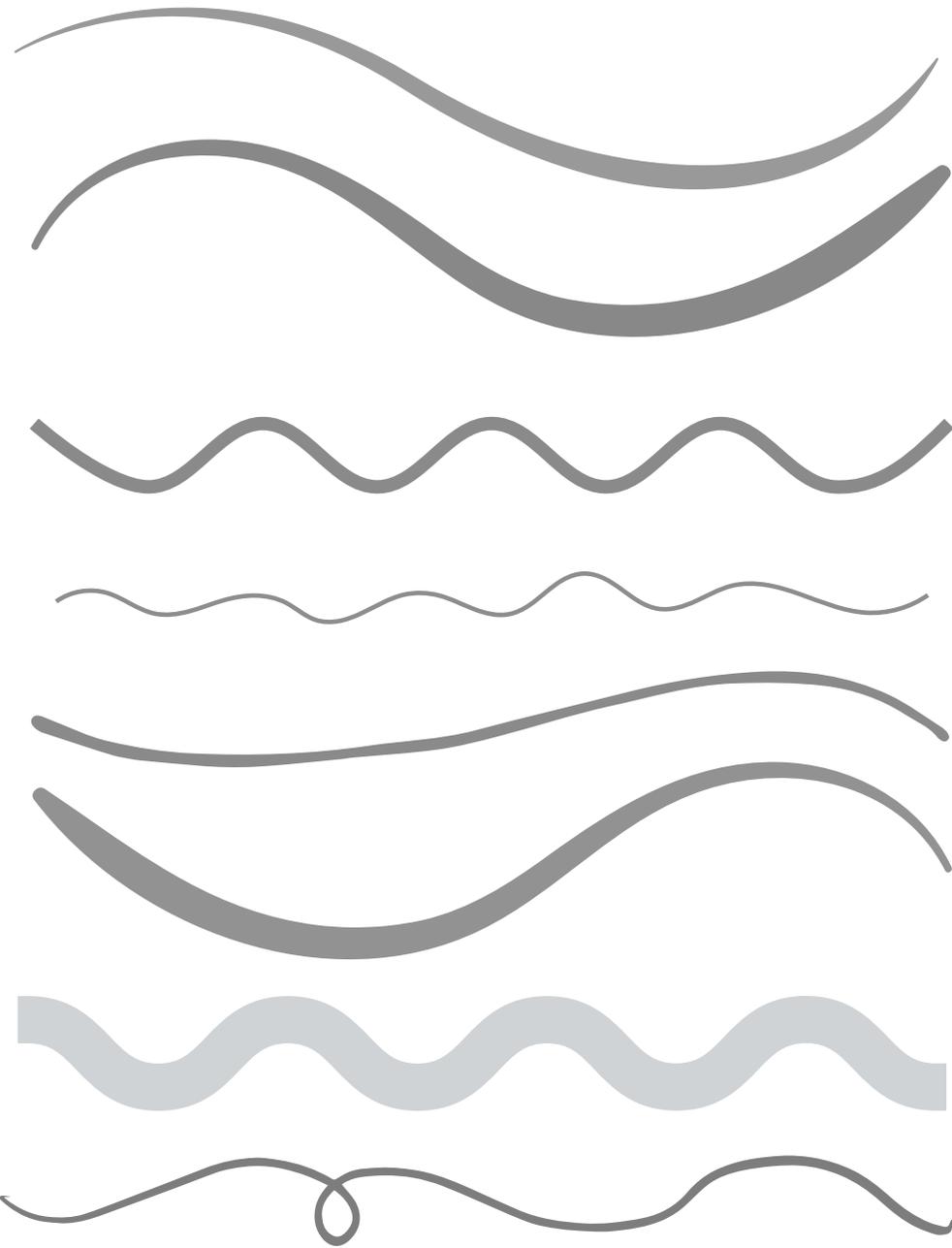
Do you not know?

Have you not heard?

The Lord is the

everlasting God.

The Creator of the



LET IT LAST: What picture comes to mind as you consider this?
Sketch this in the space below:

Because I Love You

We'd been told it'd be a family friendly summer so with joy we headed to Colorado in 2002 to help with a national summer training program at the Glen. But when we arrived, we learned the program was understaffed so they needed both my husband and I to serve as team leaders.

The problem? Our son was twelve, there were no other kids his age, and a mountain lion had just taken down a bighorn sheep on the lawn on the castle so no one was to walk around alone. And we were both required to work ten hours a week for the Glen on top of everything else. None of the other moms had to do any of this. I expect because they had little kids, they were considered exempt, but because our son was older they figured we could handle more.

Jim and I worked our schedules so we tag teamed being with Andrew. We were given one day off a week on Sundays. We purchased mountain bikes so we could give him a day of fun. But riding over boulders and cliffs wasn't exactly restful. Jim and I endured a summer of no rest. At the end of the summer we were both struggling. Jim was off the charts critical, I was starting to have panic attacks, our marriage was on the rocks. A national leader who was also a mom said to me, "Why didn't you leave?" I didn't know that was an option.

It was during this time we first learned about listening prayer. During the last week of the summer as I spent focused time listening to Jesus, I heard him say, "You are here because I love you." My first response was not at all positive. "If this is love I could do without it!"

But as months went by I experienced the wisdom and love of the Lord.

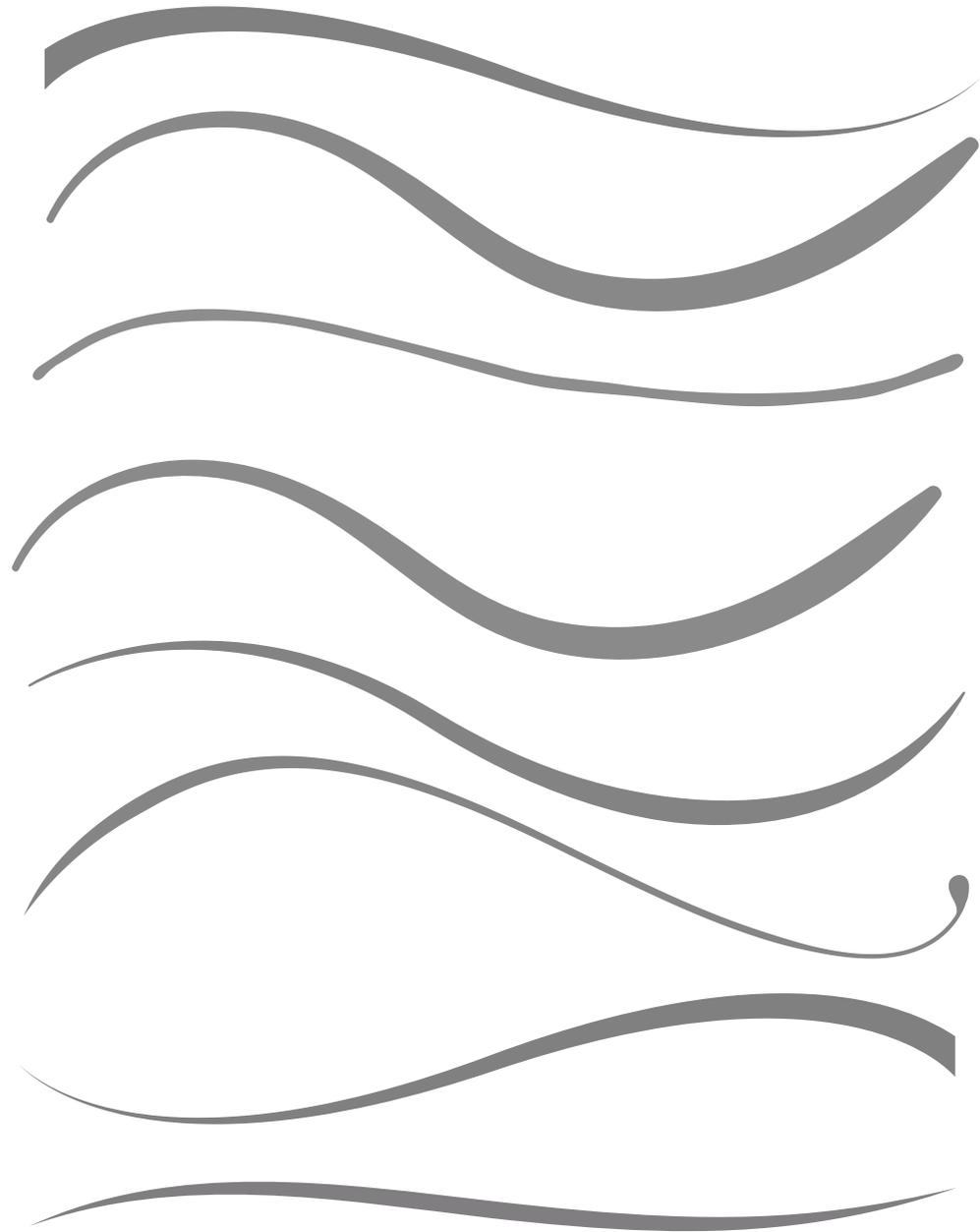
It took my husband being plunged into a deep depression for him to be diagnosed with clinical depression, a first step in him being healed from this, something he'd struggled with throughout our sixteen years of marriage but had never identified. And I began learning the need for rest is vital.

God's ways aren't our ways.

And His love doesn't always look recognizable or in the moment desirable.

But He is always good.

You're Not Crazy... You're Loved!



Coloring Pages

There is coloring and then there is coloring with Jesus. Remember the reason we are doing this is to discover new ways of meditating to help keep Christ at the center of our lives.

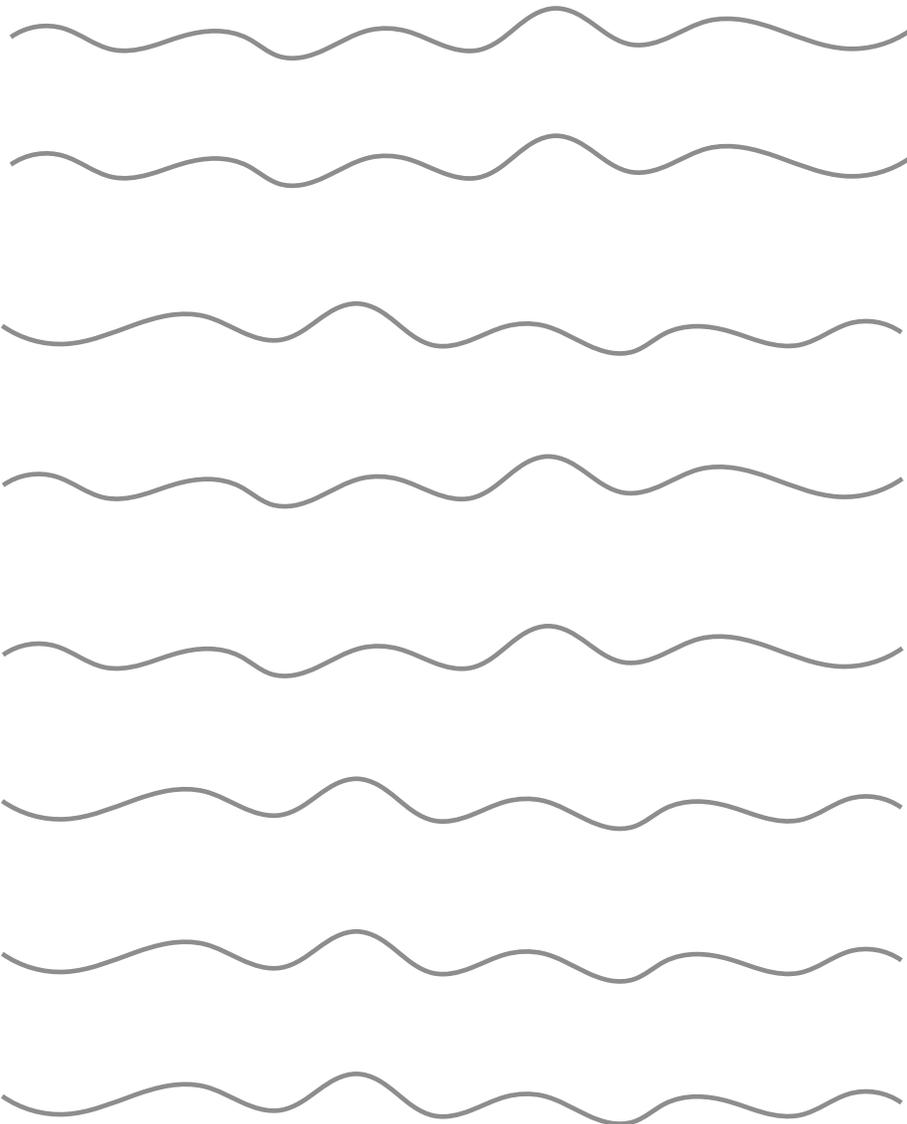
What can it look like for you to do this?

I love to talk with him as I'm coloring. But sometimes as I'm coloring through the ideas he gives or the colors he leads me to select, he speaks to me. Recently he led me to not color in the lines but instead watercolor on top of the coloring page's design. And then add ink on top of that. It was so fun! So don't feel like you have to be speaking non-stop. Leave time to listen.

Most importantly, seek to stay aware of His presence as you do this. The breath prayers found at the end of this booklet can often help. As I breath while coloring, I sometimes select a simple phrase to repeat (inhale) "Thank you," (exhale) "Jesus."

There isn't a formula for doing this. Different things bring delight for different people. And what connects your heart to Jesus may be different during different seasons and times. Have fun experimenting with Him. I've found the greatest joy, no matter what I do, comes as I do this with him. As the psalmist says, in Psalm 16:11 "You fill me with joy in your presence."

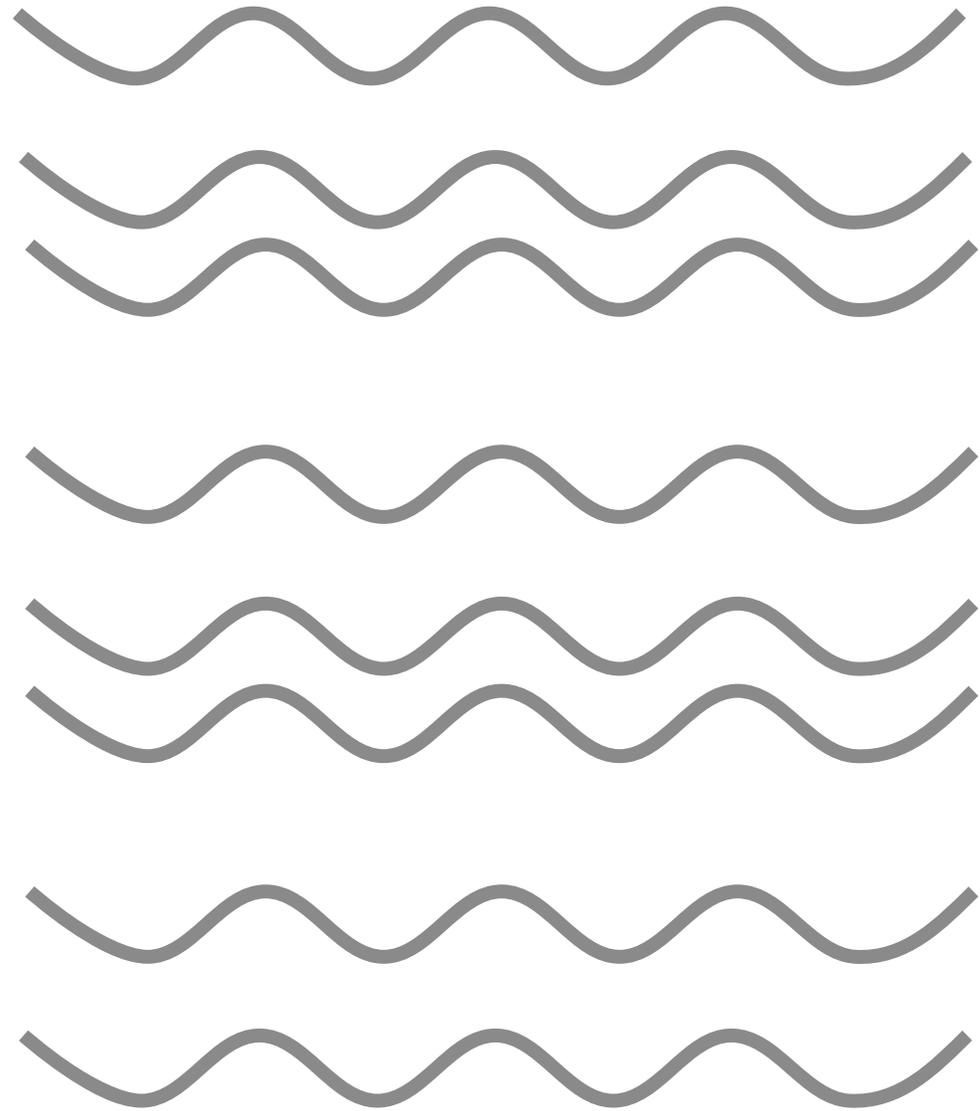
May it be so!





My Beloved spoke
and said to me,
"Arise my darling,
my beautiful one
and come away
with me."

Song of Solomon 2:10



Wavy Lines

Here is an opportunity to have fun writing your favorite verses from this booklet between wavy lines. You can either use all the lines or skip spaces in between.

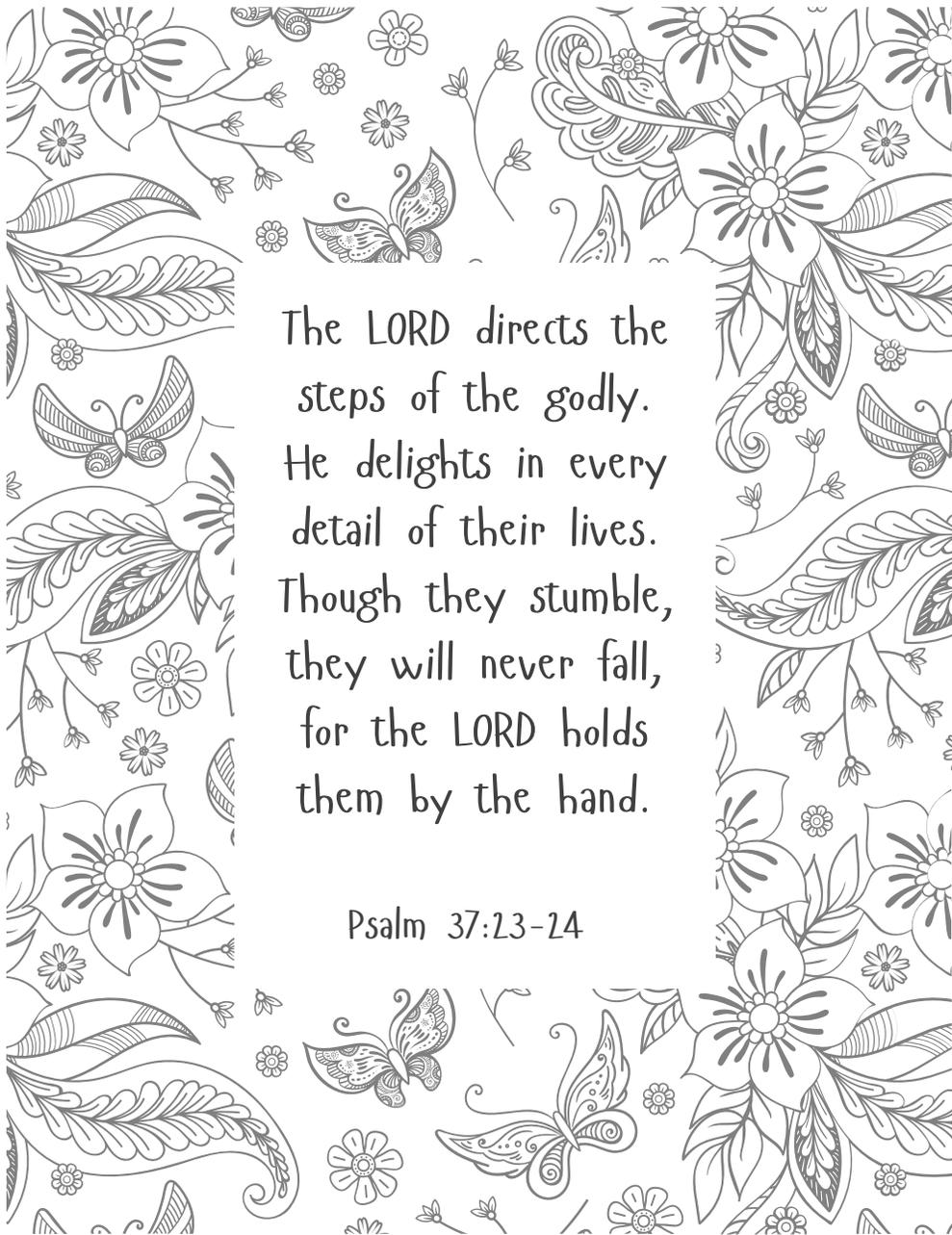
If you skip spaces in between and have extra time, have fun filling the spaces with repetitive drawings (similar to what you did in contemplative doodling - only I like to create different patterns for each space).

Have fun!
And remember to prayerfully ponder & play with Jesus!



The Lord your God is
with you.
He is mighty to save.
He will take great
delight in you.
He will quiet you with
His love.
He will rejoice over
you with singing.

Zephaniah 3:17



The LORD directs the
steps of the godly.
He delights in every
detail of their lives.
Though they stumble,
they will never fall,
for the LORD holds
them by the hand.

Psalm 37:23-24

Collage

Collage (/kə'lɑːʒ/, from the French: coller, "to glue" or "to stick together";) is a technique of art creation, primarily used in the visual arts, by which art results from an assemblage of different forms, thus creating a new whole.

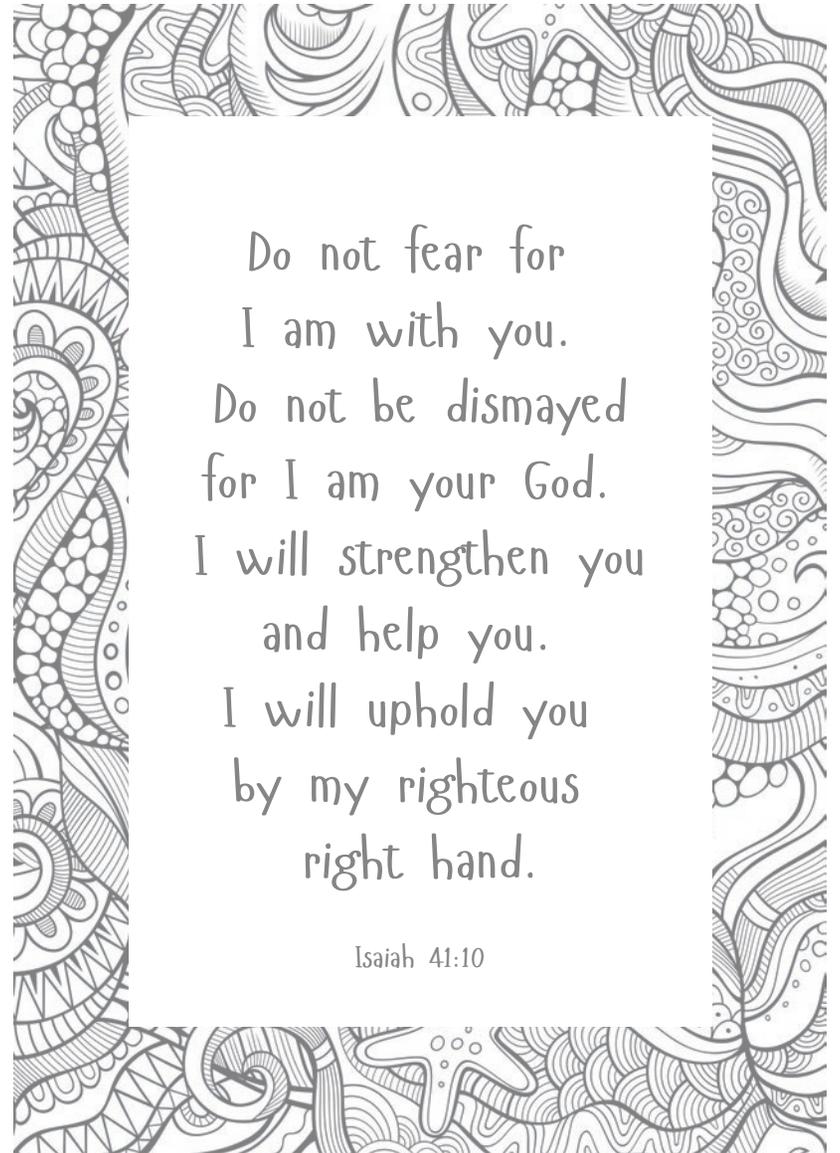
SOURCE: wikipedia

Take a magazine and cut out pictures and words that catch your attention as you consider Isaiah 55:1-13, then creatively paste them on this page.

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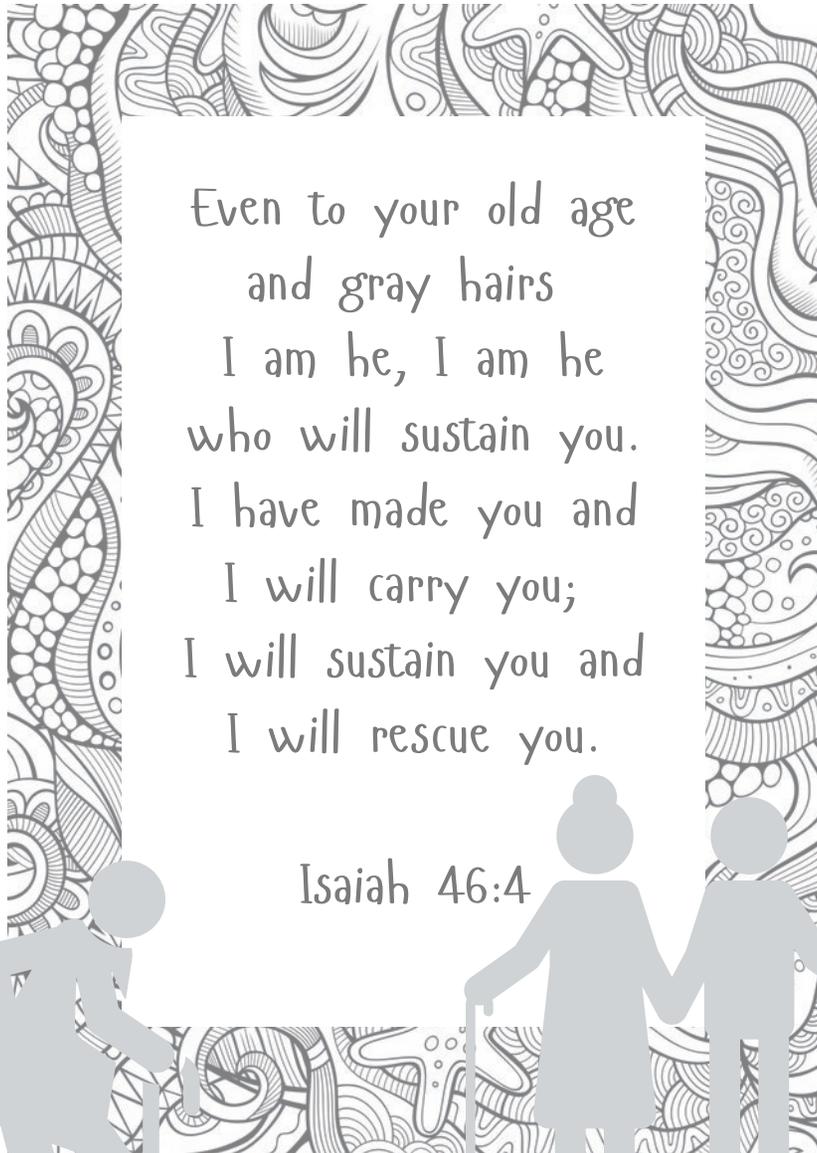
SOURCE: wikipedia



Do not fear for
I am with you.
Do not be dismayed
for I am your God.
I will strengthen you
and help you.
I will uphold you
by my righteous
right hand.

Isaiah 41:10

Take a magazine and cut out pictures and words that catch you attention as you consider Hebrews 4:1-11, then creatively paste them on this page.



Even to your old age
and gray hairs
I am he, I am he
who will sustain you.
I have made you and
I will carry you;
I will sustain you and
I will rescue you.

Isaiah 46:4

Pondering With Jesus

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off every encumbrance and the sin that so easily entangles, and let us run with endurance the race set out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such hostility from sinners, so that you will not grow weary and lose heart.

Hebrews 12:1-3

LOOK: What word or phrase stands out to you as you read this verse? Write this below:

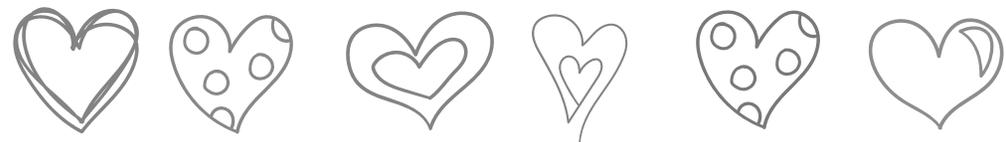
LISTEN: Why did this stand out to you? Dialogue with Jesus about this, writing your thoughts in the space below.

LIVE IT OUT: How do you sense Jesus inviting you to respond to what He's laid on your heart?

LET IT LAST: What picture comes to mind as you consider this? Sketch it in the box to the left.

Picture Meditation

Read Matthew 19:16-28, then sketch the picture that comes to mind as you ponder this passage with Jesus.



Contemplative Doodling

This is my latest treasure. Ten years ago I attended a workshop given by Shini Abraham. When she was left in chronic pain following severe health problems, Shini found it difficult to focus while praying and meditating on God's Word.

One day, as she contemplated Isaiah 49:16 where the Lord says I have engraved you on the palm of my hands, the Lord gave her the idea to place her hand on the page, trace it and then doodle around it. She then drew repetitive shapes around the outline of her hand.

Shini discovered while her hands were occupied doodling, it helped her to focus and enjoy sweet time with the Lord meditating on His Word.

After hearing her share, I was eager to give this a try. She was right! It really helped me to focus! I love spending time with Jesus doing this. I find it is a wonderful way to relax and unwind at the end of the day.

All you need is pen and paper. There are only three steps: 1. Pray, 2. Select a verse to focus on, and 3. Select a simple design to draw repetitively, either around the verse written on a page or trace your hand and doodle around it. For example, you can draw hearts when the verse mentions love (Hebrews 6:10), swirls if the word freely is mentioned (Matthew 11:28-30 (or even smiles to denote happiness or footprints (to denote following Jesus to a quiet place for rest (Mark 6:31) or keep it simpler with squares, circles, triangles or lines.

You can learn more about this and see Shini's creations at www.ducodivina.com or see my examples on instagram #ducodivina.

Picture Meditation

Read Jeremiah 31:25 then sketch the picture that comes to mind as you ponder this with Jesus.

Picture Meditation

Read 1 Kings 19:1-18, then sketch a picture to reflect what comes to mind as you ponder this passage with Jesus

God is not unjust;
he will not forget
your work & the love
you have shown him
as you have helped
his people and continue
to help them.

Hebrews 6:10

“Are you tired? Worn out? Burned
out on religion?

Come to me.

Get away with me and you’ll
recover your life.

I’ll show you how to take a real
rest.

Walk with me and work with me
—watch how I do it.

Learn the unforced
rhythms of grace.

I won’t lay anything heavy or ill-
fitting on you.

Keep company with me and you’ll
learn to live freely and lightly.”

Matthew 11:28-30

Creative Breath Prayer

Calligraphy Practice

Inhale:

Exhale:

I am Loved

Thank You, Jesus

I am Loved

Thank You, Jesus

I am Loved

Creative Breath Prayer

Calligraphy Practice

Inhale:

Exhale:

Come With Me

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Mark 6:31

“His master replied,
‘Well done, good and
faithful servant! You
have been faithful
with a few things; I
will put you in charge
of many things. Come
and share your
master’s happiness!’
Matthew 25:21

In the same way,
the Spirit helps us in our weakness.
We do not know what we ought to pray for,
but the Spirit himself intercedes for us
through wordless groans.
And he who searches our hearts
knows the mind of the Spirit,
because the Spirit intercedes for God’s people
in accordance with the will of God.
And we know that in all things
God works for the good
of those who love him,
who have been called
according to his purpose.

Romans 8:26-28

Creative Breath Prayer

Calligraphy Practice

Inhale:

Exhale:

Thank you, Jesus

This is Not In Vain

Thank you, Jesus

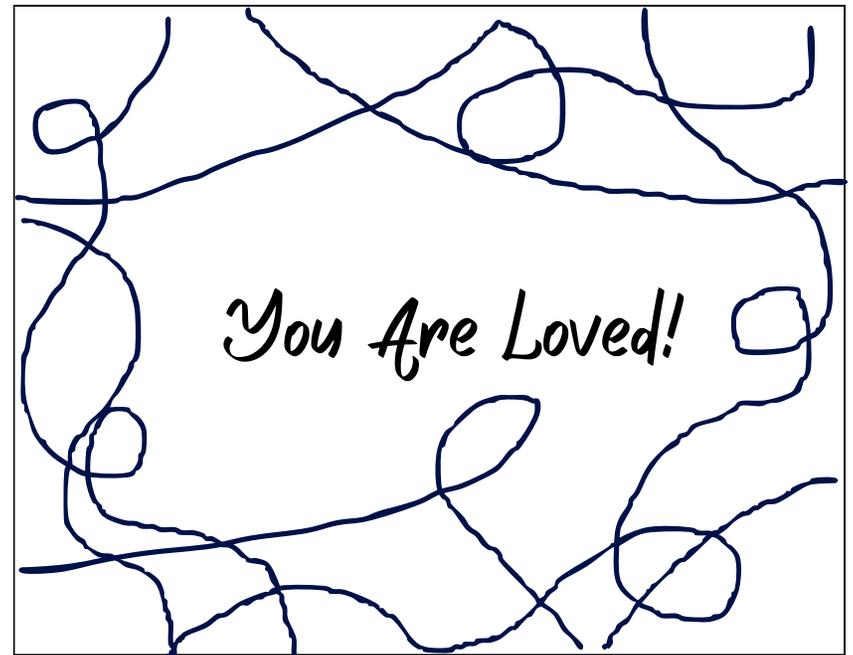
This is Not In Vain

Thank you, Jesus

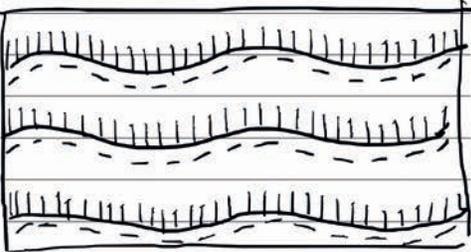
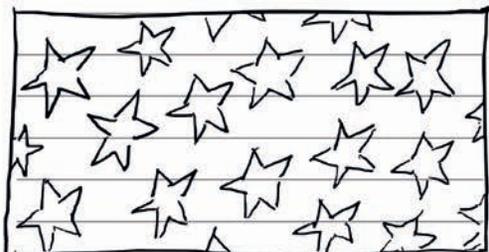
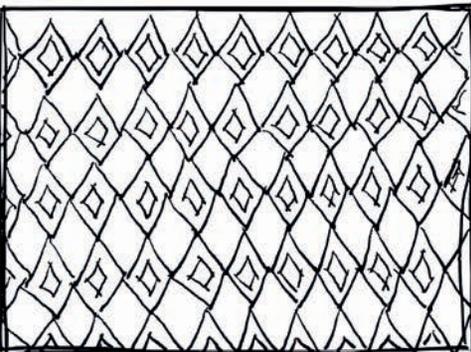
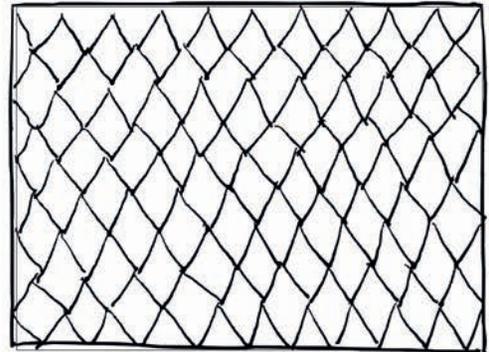
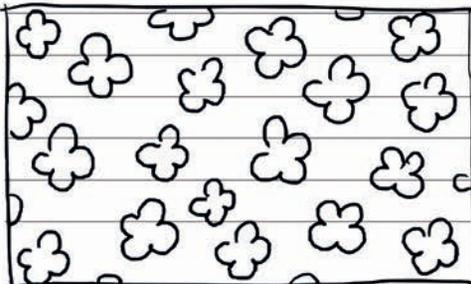
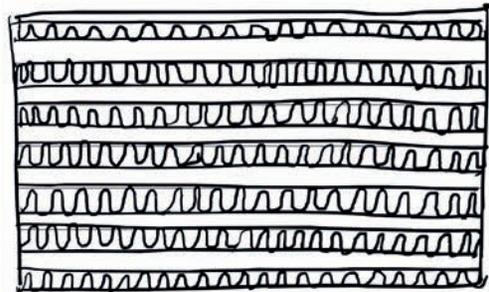
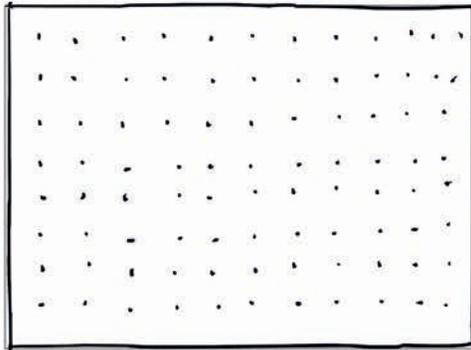
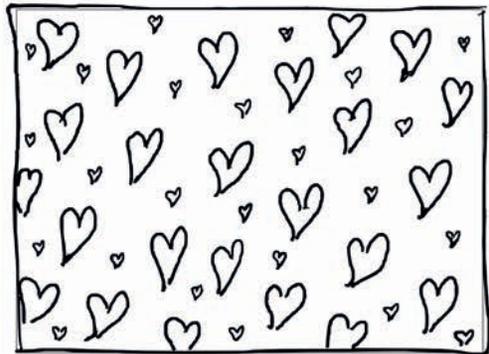
FONT: Vintage Moon

Prayerful Patterns

This is one of my favorite ways to meditate. I start with a verse and then draw a series of overlapping wavy lines creating a loose border around the verse.



Then fill in the spaces created with patterns from the following pages or create your own! Remember as you do this to interact with Jesus. Let him be the focus of your time.



Creative Breath Prayer

Calligraphy Practice

Inhale:

Exhale:

God Give Me Strength

Creative Breath Prayers

In the early 20th Century Bible scholar James Hastings compiled The Great Texts of the Bible and wrote regarding the command to pray without ceasing:

“The chief, sometimes the one, idea we have of prayer is that it is petition, asking for certain things we want, some help we desire, or deliverance from the power of some evil. But this is just where we make a mistake. Prayer, the very highest, is where there is least petition, least asking of definite benefits, most of communion, reliance, trust in God.”

When you think of prayer as communion, reliance, trust in God what thoughts does this spark? What can this look like for you?

It's not wrong to ask the Lord for things. In John 16:24 Jesus encourages His disciples to do so for their joy to be made full. But prayer can be so much more and other forms of prayer can more readily integrate with the busier moments of our day.

C. H. Spurgeon wrote: While your hands are busy with the world, let your hearts still talk with God; not in twenty sentences at a time, for such an interval might be inconsistent with your calling, but in broken sentences and interjections. He who prays without ceasing uses many little darts and hand-grenades of godly desire, which he casts forth at every available interval.

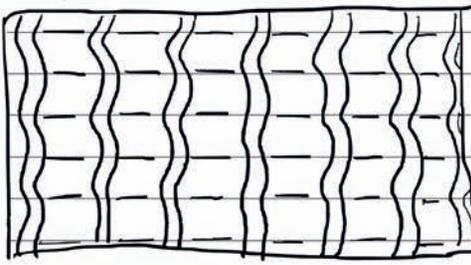
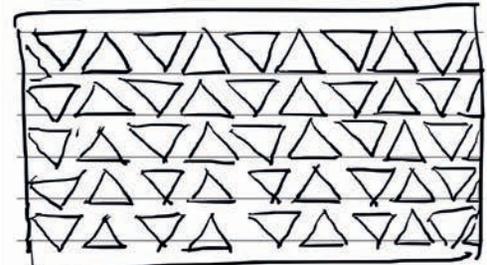
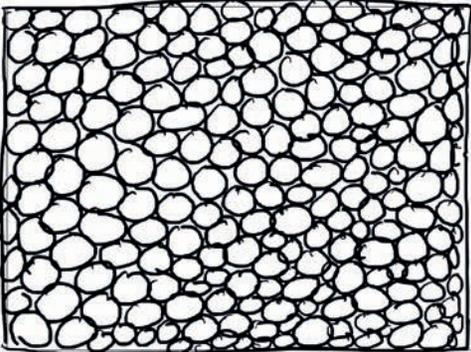
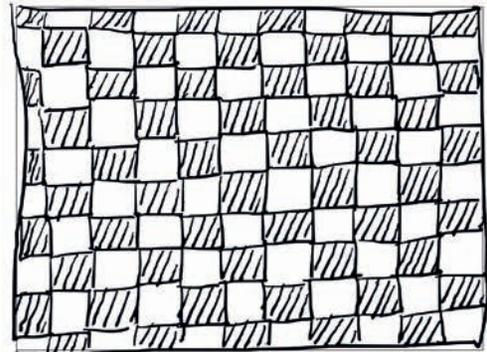
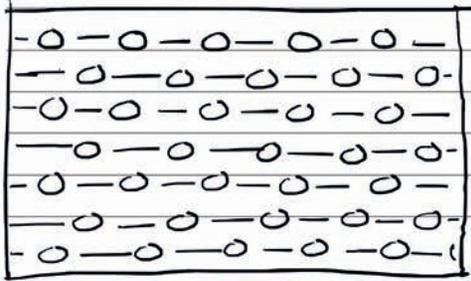
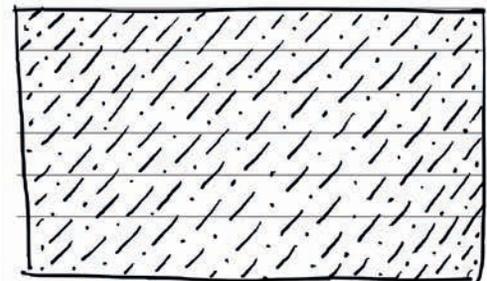
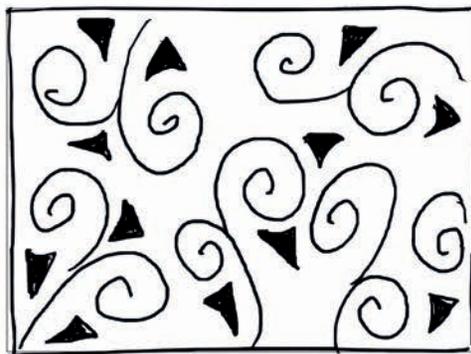
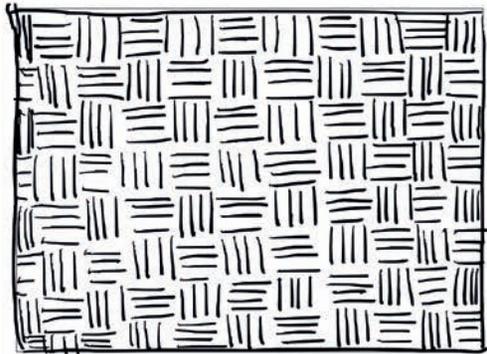
Breath prayers are short prayers that coincide with inhaling and exhaling. They originate from the “Jesus Prayer” practiced by the Eastern Orthodox Church beginning as early as the third and fourth centuries by Egyptian desert monks. The most well-known Jesus Prayer was inspired by Mark 10:47: “Lord Jesus Christ, Son of God, have mercy on me.”

1 Thessalonians 5:17 commands us to “pray continually.” This doesn't mean do nothing but pray, but just like your regular breathing, let prayer infuse all you do. When the words we pray come from the Scripture we've memorized, this helps us meditate day and night as we approach God and talk to him often during the day.

How might this help keep Christ at the center of your life?

But those who hope
in the LORD will
renew their strength.
They will soar on
wings like eagles;
they will run and not
grow weary, they
will walk and not be
faint

Isaiah 40:31



Let us not become
weary in doing good,
for at the proper time
we will reap a harvest
if we do not give up.

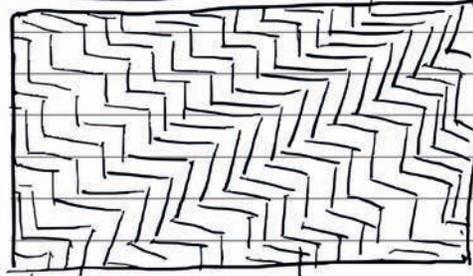
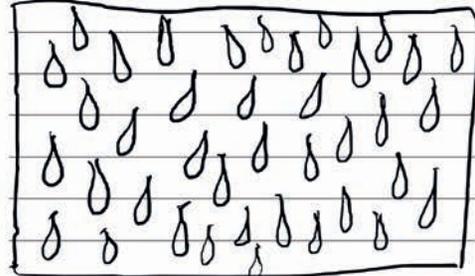
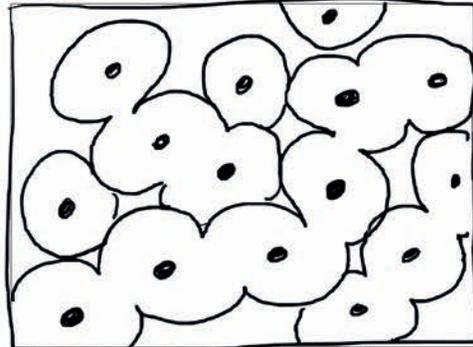
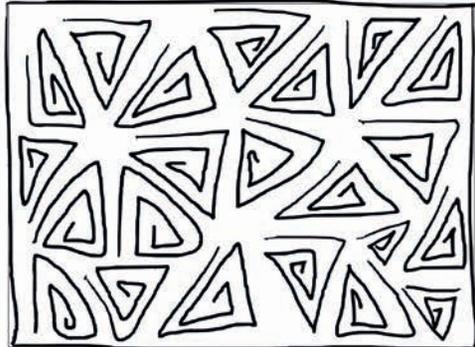
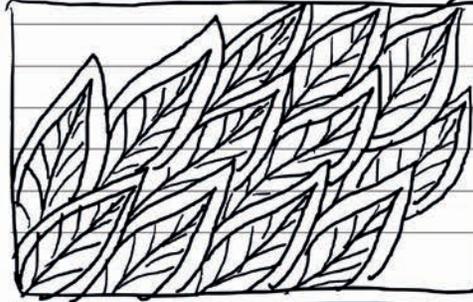
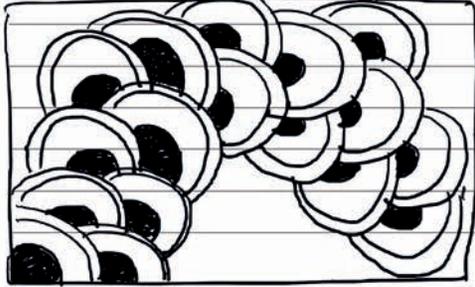
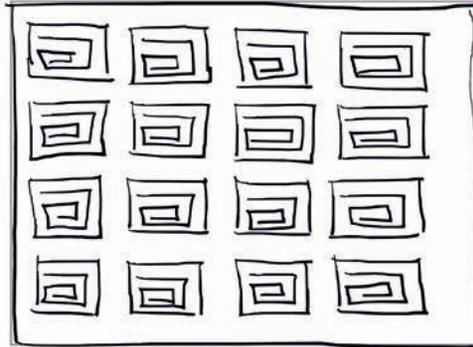
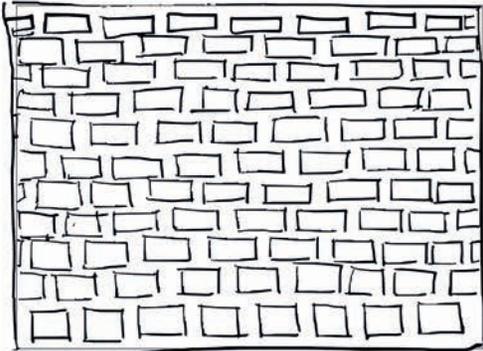
Galatians 6:9

Let us then approach God's
throne of grace with confidence,
so that we may receive mercy
and find grace to help us in our
time of need.

Hebrews 4:16

The Lord replied,
'My Presence will go
with you, and I will
give you rest.'

Exodus 33:14



The Lord replied,
“My Presence
will go with you,
and I will give
you rest.”

Exodus 33:14

He says, "Be still,
and know that
I am God;
I will be exalted
among the nations,
I will be exalted in
the earth.

Psalm 46:10

Yes, my soul,
find rest in God;
my hope comes
from him.

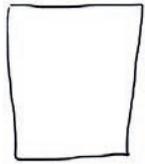
Psalm 62:5

Simple Line Borders

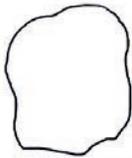
Adding a simple line around a sketch or a verse can add a sweet finish to it, pulling it together in a beautiful and satisfying way.

Double lined borders can be colored in (or filled in with prayerful patterns) for extra pondering, beauty and fun! Select one of the border styles from below to add to the following page - or create your own!

SINGLE LINE



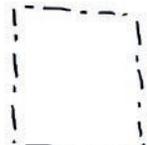
STRAIGHT



WONKY

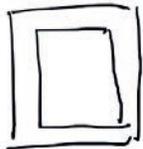


DASHED

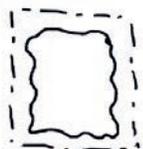
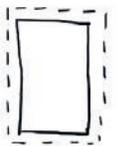
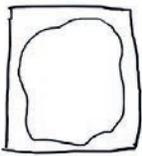
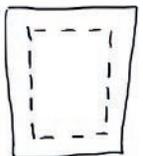


VARIABLE

DOUBLE LINE



MIXED



Key Word Focus

As you trace over over the verses in the pages that follow, what words stand out to you? These are key words. I like to draw a box around key words or highlight them in some fashion. Then I go back and write the thoughts that come to mind in the margin around the verse as I consider each word.

Why did it stand out to me? What does the Word mean? I love to take time to look up the original Greek or Hebrew meaning in the Blue Letter Bible and then record that definition in the margin of the page.

Or you may want to creatively draw a picture that illustrates what comes to mind as you consider each key word in connection to the verse. Have fun with this! There isn't a right way to do this.

Remember, the goal is to enjoy time with Jesus as you meditate on His Word.

A generous man will
prosper. He who refreshes
others will himself be
refreshed.

Proverbs 11:25

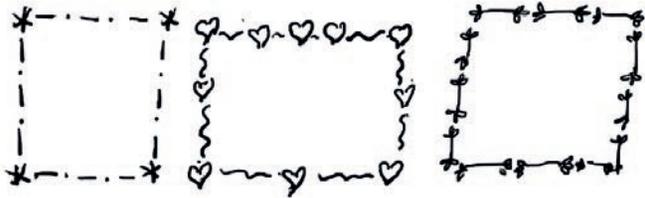
For who is God
besides the Lord?
And who is the Rock
except our God?
It is God who arms me
with strength & keeps
my way secure.

Psalm 18:31-32

Combination Borders

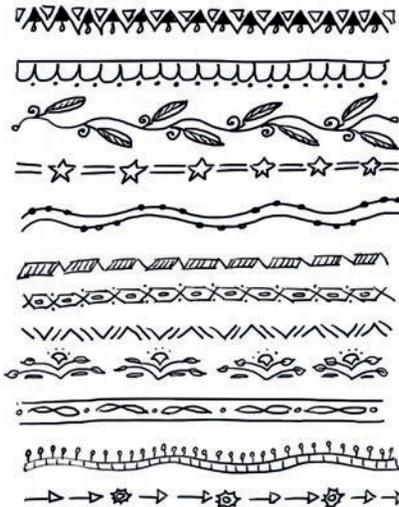
You can also create borders using a combination of lines and motifs.

Motifs are simple repeated patterns. I find it helpful to draw the motifs first and then add the lines between.



Or if you're feeling adventurous, the borders pictured below can be fun to try. Select a combination border (or a combination of combination borders!) to add to the next two verses - or create your own.

If you'd like an extra challenge, come up with one where the motif reflects something in the verse.



May you enjoy sweet time with Jesus as you do this!

My flesh and my heart
may fail, but God is the
strength of my heart and
my portion forever.

Psalm 73:26