



40 DEVOTIONS
with coloring pages
for meditating on God's Word

a coloring book DEVOTIONAL JOURNEY

Restore my Soul

WRITTEN &
ILLUSTRATED BY

**Ann-Margret
HOVSEPIAN**

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Restore My Soul: A Coloring Book Devotional Journey

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INTRODUCTION

*Every child is an artist.
The problem is how to remain an artist once he grows up.*

PABLO PICASSO

As a child, when I didn't have my nose shoved into a book, I drew and doodled and lettered and colored. By the time I was in high school, I was still an insatiable reader, but I only drew when I had to for a school assignment or when I was bored. I never thought of myself as an artist—or a writer, for that matter. I was going to be a scientist when I grew up. Thankfully, I figured out quickly that I was not cut out to be a chemical technologist. I eventually became a writer, but I still didn't take art seriously until I started sharing my occasional doodles with friends, who responded with enthusiasm.

Our creative God designed each one of us in His image, which means we all have creative and artistic potential, even if that looks different for each of us. Many of us wouldn't hesitate to sing, dance, or write, even if we're not proficient enough in those skills to use them professionally; but somehow we suppress the artist in ourselves. We think we're wasting time or being childish. And we miss out on the sheer joy that comes from scribbling on a page or rubbing color all over it.

I created *Restore My Soul* not only to encourage you to fearlessly enjoy coloring again but also to invite you to take a fresh look at your relationship with God—or to consider the possibility of a relationship if you don't already know Him personally. My desire is for your soul to be restored as you draw near to Him through the Bible verses, the meditations, the prayer prompts, and, of course, the quiet times you will spend working on the coloring pages.

Ann-Margret Housepian



“He restores my soul. He leads me in paths of righteousness for his name’s sake.” Psalm 23:3, ESV

The house I live in and the church I worship in are each more than a century old, so I’ve seen a lot of construction and renovation work over the years. Though they are not living things, buildings are subjected to stress and wear and tear that can have serious consequences. Pipes may leak; ceilings may crack; floors may warp. I’m sure you could add your own house woes to the list. The problems may be because of natural causes or the result of neglect and abuse.

Our bodies also go through physical deterioration—as the natural result of aging, because of illnesses or accidents, or simply from not taking good care of ourselves.

More serious is what happens to our souls. We suffer when the devil attacks us with temptations, trials, lies, or persecution; when people hurt or mistreat us; or when we shift our focus away from God and stray from Him.

With regular maintenance and checkups—whether for our homes or our health—we can usually avoid the need to take drastic measures. We can’t prevent every problem, but we can keep problems to a minimum if we’re alert and disciplined.

With regular examination of our hearts in light of Scripture and with the guidance of the Holy Spirit, we can avoid spiritual pitfalls and the devil’s traps. Problems will still come our way, catching us off guard and threatening to destroy us; but our Shepherd who loves us, provides for us, and leads us also restores us. Better than any renovation job, better than any antibiotic, Jesus Christ can restore our souls and bring us back to *a place of joy and peace.*

As you color in the doodles on the opposite page, meditate on the words “He restores my soul” and talk to God about areas of your life that need His healing touch.

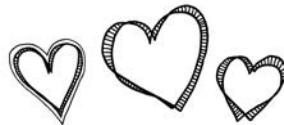




HE RESTORES
MY SOUL.

PSALM 23:3

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” *Philippians 4:6-7*



Several years ago, someone at my church shared a praise report about his mother’s successful heart surgery, but because of his heavy accent, many of us thought he said that she’d had a “peacemaker” put in. Of course, he was referring to a pacemaker, but we all were suddenly struck by the wonderful significance of the term *peacemaker*.

What a great picture of coming to Christ for salvation! The Bible teaches that all have sinned and fallen short of God’s glory. This means we are born with a nature that is inclined to rebel against God, and this keeps us from achieving the level of perfection that God’s holiness demands. We are born with a spiritual heart disease that we cannot cure on our own. People try all kinds of remedies of their own—such as escapism, self-help books, or retail therapy—to deal with the symptoms and try to make their hearts feel better, but none of these actually brings about a cure.

The good news is that when we submit to God and allow Him to perform “open-heart surgery” on us, we are cured! Whether you think of it as bypass surgery or a heart transplant, God heals us. He removes the cancerous sin tumor or the plaque of sin blocking our spiritual arteries and restores us. And then He gives us the Peacemaker. When the Holy Spirit enters our lives, He helps our hearts work properly and gives us peace that “surpasses understanding” (ESV).

Do you have the Peacemaker in your life? If you have not yet had that life-changing experience of receiving Christ as your personal Savior, I pray that you will soon. In the accompanying illustration, write a prayer to God inside the heart, asking Him to forgive your sins and to become Lord of your life.

