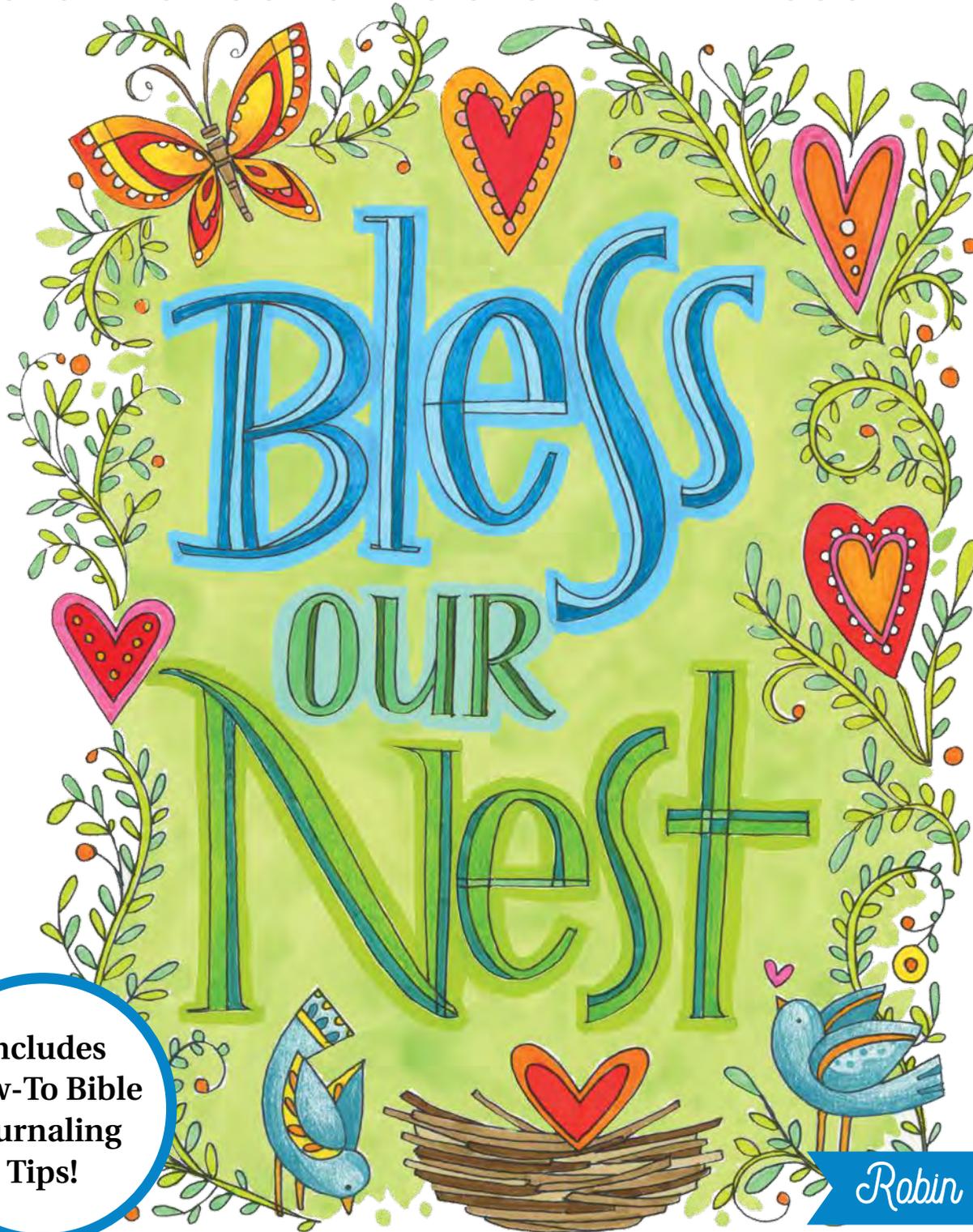


DesignOriginals

# BLESS OUR NEST

COLORING BOOK & DESIGNS FOR BIBLE JOURNALING



Includes  
How-To Bible  
Journaling  
Tips!

*Robin Pickens*

# Color Your Way to Stronger Faith

**D**id you know that creating art can be a meditative process during which we can connect more deeply with our faith? Well, you're about to find out the truth of it! By taking the time to sit down and engage with the coloring pages in this book, you'll feel more connected to God and your faith. Each coloring page includes a prompt on the back that is perfect for personal reflection; it will help you feel each verse and concept deep in your heart. Once you're done with each page, not only will you have a beautiful finished coloring that shines with earnest passion, but you'll also have taken another confident step in your walk with God.

In this book, you have everything you need to get started: a guide to basic color concepts, ideas for Bible journaling, inspiration for color choices, techniques for embellishing your art, and even some guided coloring pages, if you're in need of a jumpstart. And don't miss the super user-friendly bookmarks, tags, and borders at the end of the book (more info on page 2).

I truly hope that through this book you can find a new way to connect with your faith. Take the next step and turn the page with the confidence of someone who knows God is with them!

 **ROBIN PICKENS**

**Robin Pickens** grew up in a creative family, making drawing and art a natural choice for her. After earning her BFA from the University of Michigan School of Art, Robin worked for many years as a successful broadcast television art director and animator. She then chose to pursue her passion for creating art that speaks from her heart and reflects her creative life as a wife and mother. Robin licenses her artwork for a variety of products, including Christmas ornaments, fabrics, calendars, greeting cards, gift books, home décor, wall art, dishware, and more. You can find more of Robin's work at [www.spoonflower.com/profiles/robinpickens](http://www.spoonflower.com/profiles/robinpickens) as well as through her website, [www.robinpickens.com](http://www.robinpickens.com).



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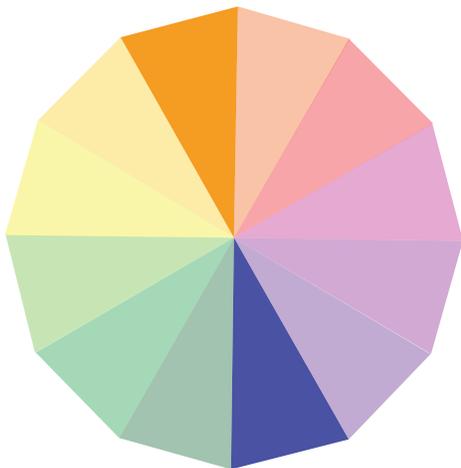


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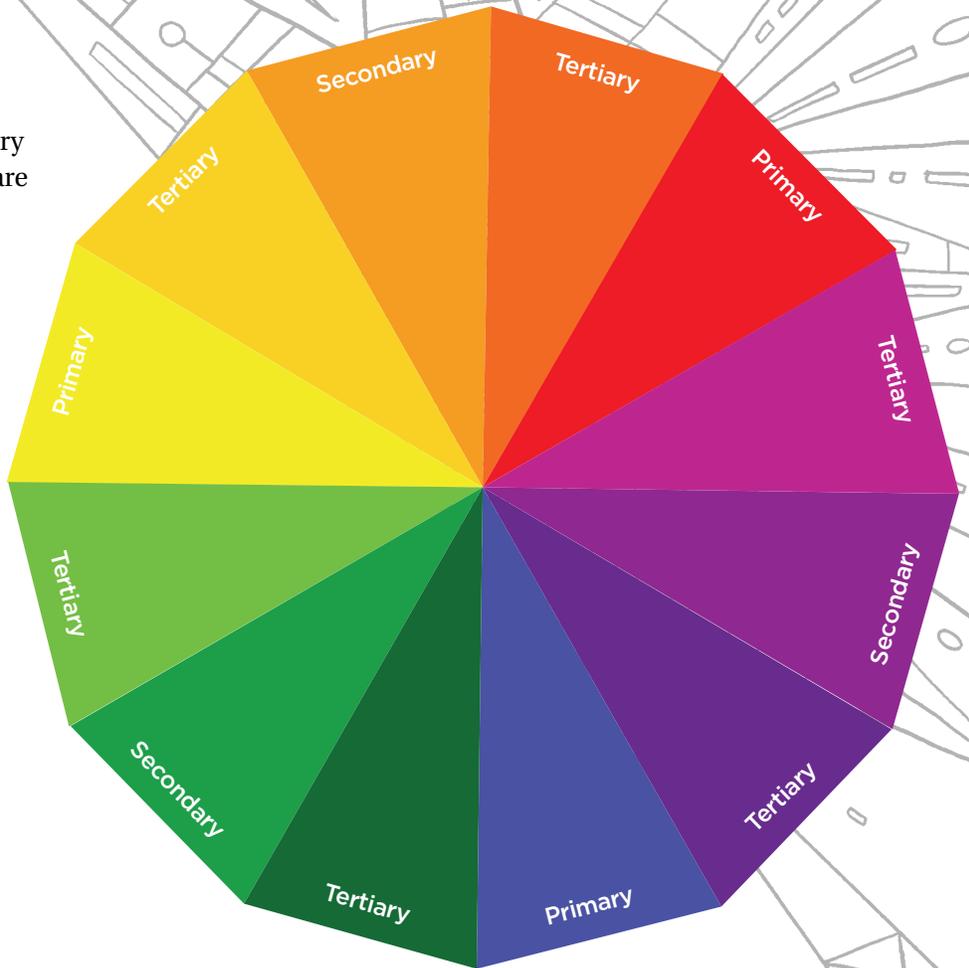
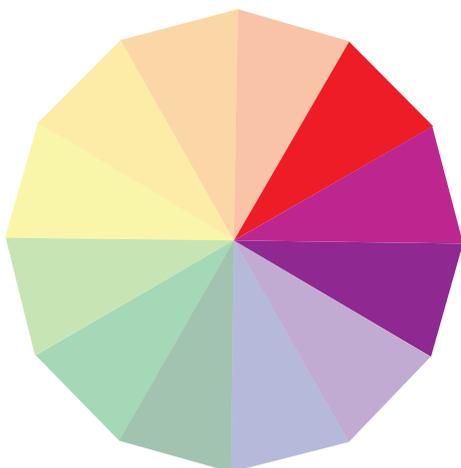
# Color Theory

It helps to understand some color theory when planning a color scheme. There are three primary colors: yellow, red, and blue. You cannot make them from mixing other colors. If you mix two primary colors together, you get a secondary color (for example, yellow and red make orange). If you mix a secondary color with a primary color, you get a tertiary color.

**Complementary colors** are opposite each other on the color wheel and provide strong contrast.



**Analogous colors** are next to each other on the color wheel and have a cohesive effect.



Primary + Primary = Secondary

Yellow + Red = Orange

Primary + Primary = Secondary

Yellow + Blue = Green

Primary + Secondary = Tertiary

Yellow + Green = Yellow-Green

Primary + Secondary = Tertiary

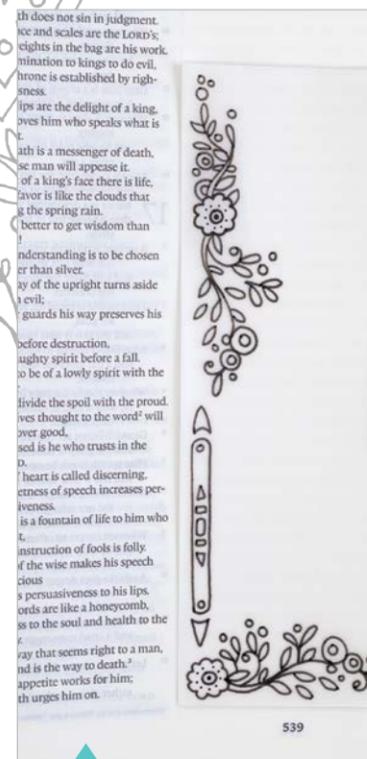
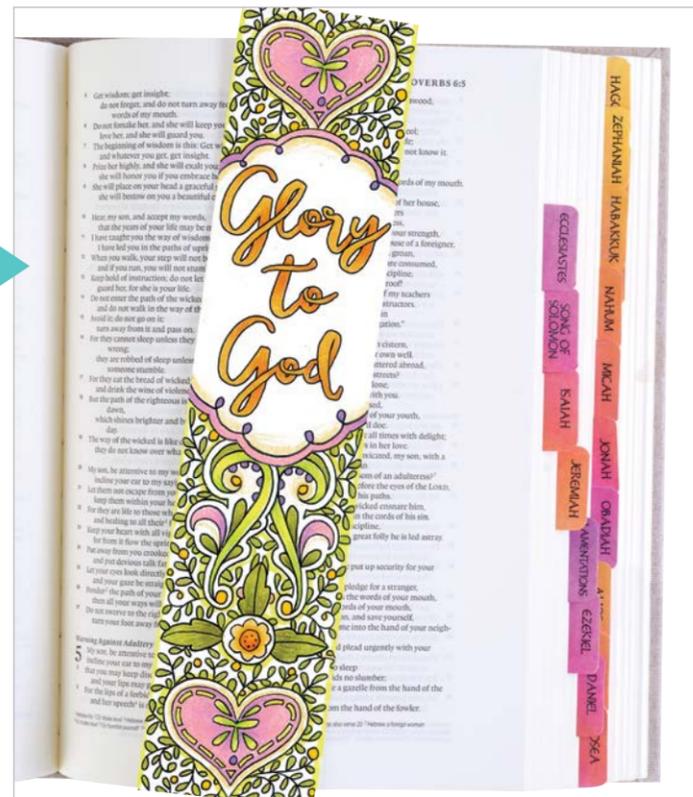
Red + Purple = Red-Purple

# How to Bible Journal with This Book

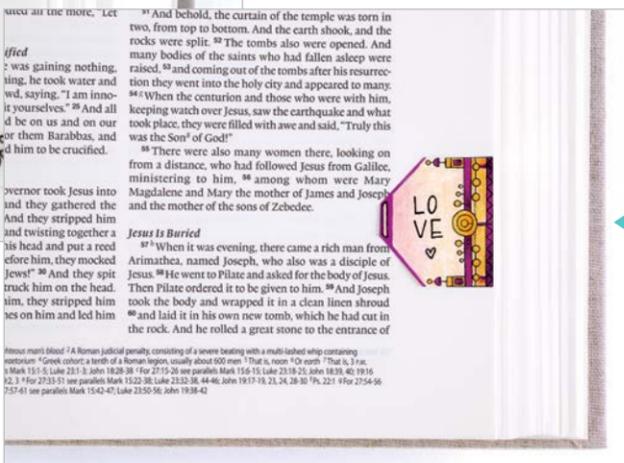
This coloring book is meant to be both fun and reflective, allowing you to engage with the ideas expressed in the art, but you can also take that activity outside of this book! Bible journaling, a faith-based trend that is steadily growing in popularity, is the act of journaling and drawing in the margins of your Bible or in a separate journal in order to connect with and reflect on your faith. This book provides you with three pages of art (at the end of the book) that is custom-made for use in Bible journaling—including useful items like bookmarks, tags, borders, and more. But you can also use any art from the entire book—you aren't limited to those three pages! And you have a lot of options for what to do with the art you decide to use:

- **CUT IT OUT.** Super simple: just color a design, cut it out, and glue it into your Bible!
- **TRACE IT.** If you want to reuse a design more than once, trace it directly into your Bible.
- **COPY IT.** Try photocopying a design onto colored paper or a piece of vellum.

Cut out and color a bookmark to save your place.



Trace a design on vellum and attach it with washi tape.



Color and label a page flag.



# How to Enhance Your Coloring

Doing more than just filling in areas with solid color can be one of the most enjoyable parts of coloring! Follow along as I color and embellish this piece in a variety of ways.



**1 Fill the sections.** In this piece, I started by filling all the main shapes with marker.



**2 Add a halo.** I used marker to add a colored "halo" that surrounds all the leaves and flowers in order to give those elements a background that groups them together.



**3 Add details.** I used a single deep shade of teal colored pencil to add more details and patterns within the large teal letters. Using a darker shade of the same color helps keep the section cohesive.



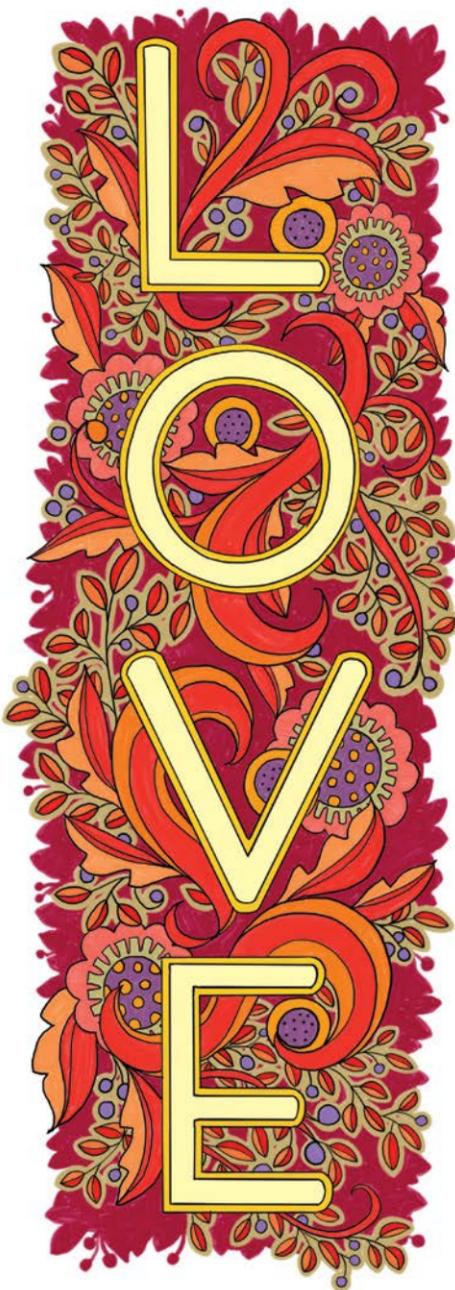
**4 Add shading and doodles.** I used colored pencil shading to create dimension on the bird. I also added whimsical lacy doodles around the heart and leaves with a pen.



**5 Add some pops of white.** To finish this piece, I used white gel pen to add highlight dots to the heart, some flowers, and the dot of the "i" in "Rejoice." Gel pen is great because it sits on top of a colored image almost like paint.

# Color Stories

What colors does your love bloom in? Soft and romantic, or lively and bold? Color sets the mood and emotion in our images and is so fun to play with! These examples feature the same image colored in different ways to show the variety of feelings you can get from unique color stories.



Deep and earthy red and orange colors are warm and full of energy. I think of fall leaves changing color in vibrant oranges. To keep this combination from having too much red, I used a khaki color in the surround around my little leaves. The slight hint of green mixed within that color complements the reds. Purple accents in the berries and flower centers add a touch of royalty. The light yellow of LOVE almost jumps off the page when placed on top of these deep and rich colors.



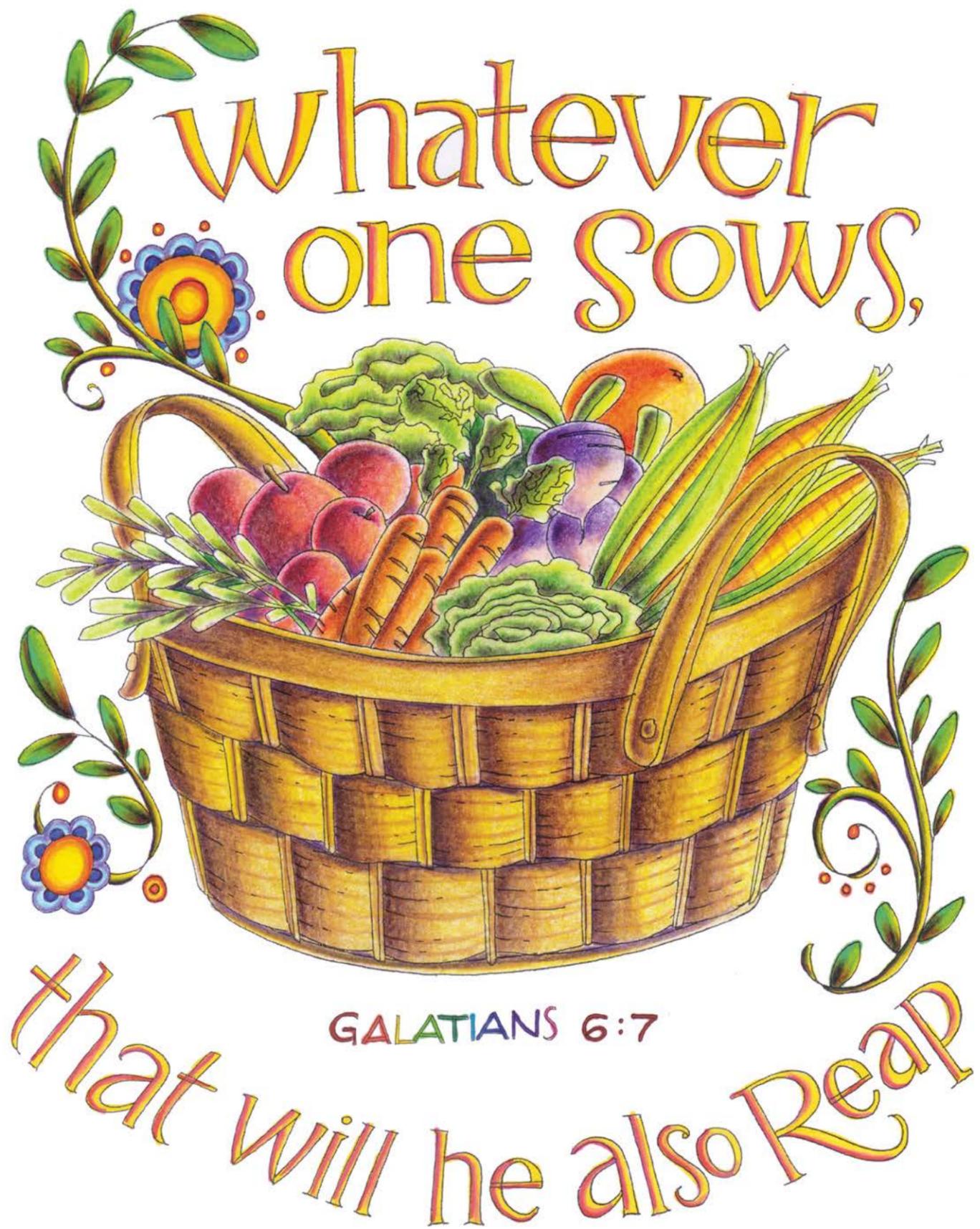
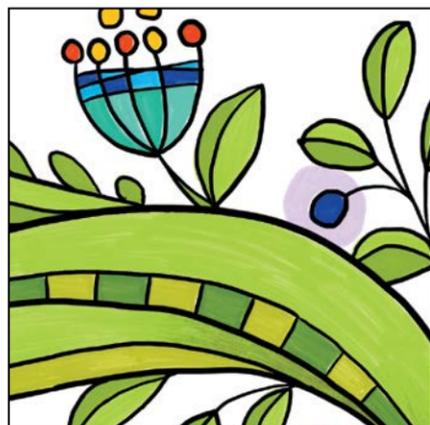
Springtime LOVE blooms with fresh green vines and romantic pink and orange flowers. I've used a mix of greens here to show variety in the garden. My surround on the leaves is a chartreuse with the warmth of yellow added to the green, which nicely mixes with the more aqua shade of the larger leaf sides. Pink and orange flowers give playful pops of warm color nestled in the greenery. The outline of LOVE is a deeper red shade to separate it from the background while the lighter interior is a romantic pink.

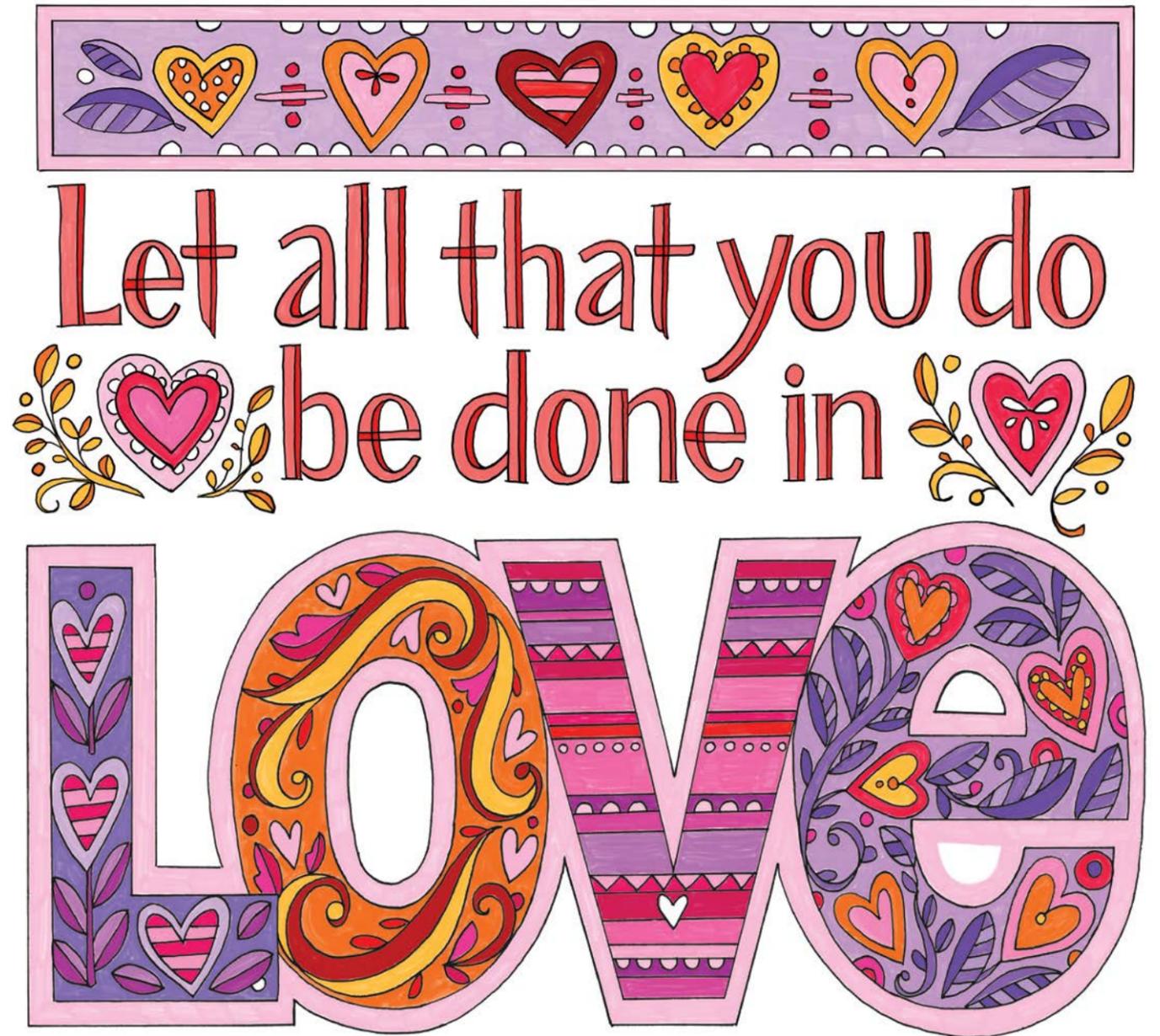


The blue LOVE feels serene and calm in a cooler palette. The flowers bring in a little warmth by mixing red with blue to get purple petals and by having warm centers. I decided to use muted shades of the warm colors to complement the cool tones of the blues and purples. The background is lighter here, with LOVE being a contrasting element on top.



The teal LOVE is rich and colorful with an eclectic, global feel. Teal can look cool or warm based on what colors it is paired with. The gold and orange tones are tertiary complements that work well with medium and deep pink accent colors against the teal. Just as in the deep red LOVE image, I've used color throughout the background. I've mimicked the small leaf shapes to make my background edges.







Mark 5:36



with God  
all things  
are possible.

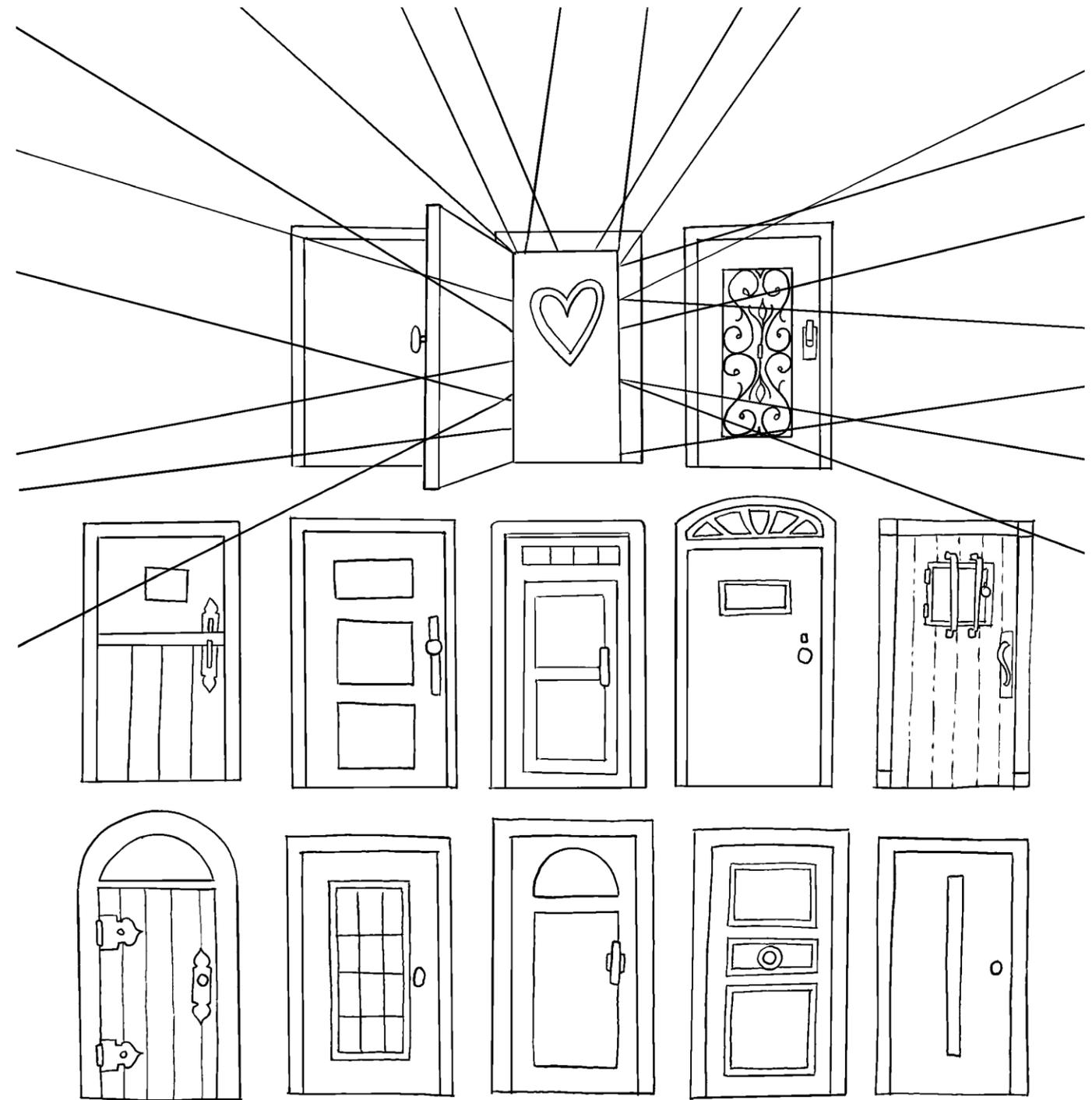
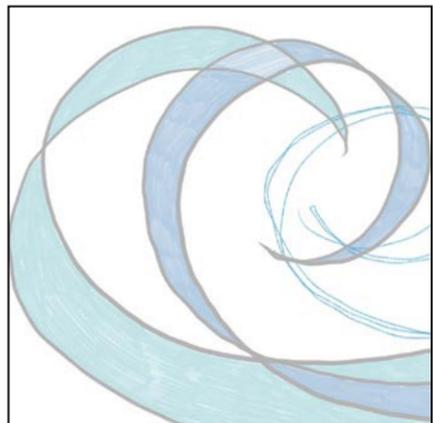


MATTHEW 19:26

GOD  
is  
Within Her.  
She  
Will Not fall  
Psalm 46:5



start each day with a  
grateful  
heart



FOR EVERYONE WHO ASKS RECEIVES.  
AND THE ONE WHO SEEKS FINDS.  
AND TO THE ONE WHO KNOCKS. THE DOOR WILL BE OPENED.

MATTHEW 7:8



How would the world be impossible to live in if God granted every prayer request?

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Matthew 7:8

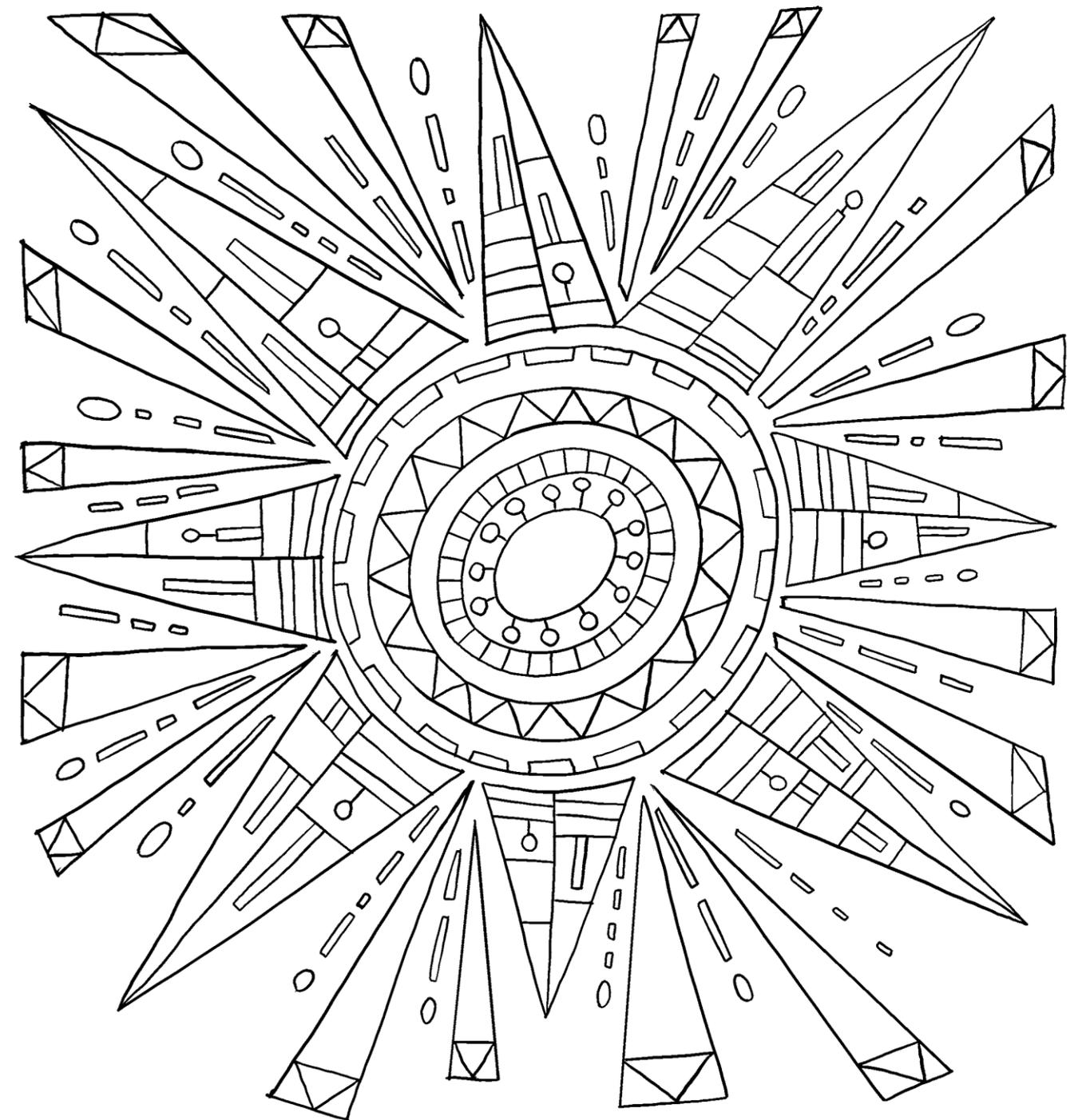




Why is this verse a blueprint for dealing with difficult circumstances?

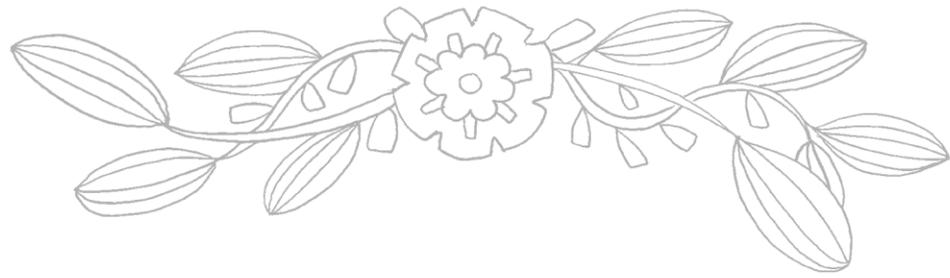
Handwriting lines for a response, consisting of five horizontal lines.

Romans 12:12



THE PATH OF THE RIGHTEOUS IS LIKE THE MORNING SUN.  
SHINING EVER BRIGHTER LIKE THE FULL LIGHT OF DAY.

PROVERBS 4:18



Why is the path of the righteous  
compared to the light of day in this verse?  
What makes this comparison feel true?

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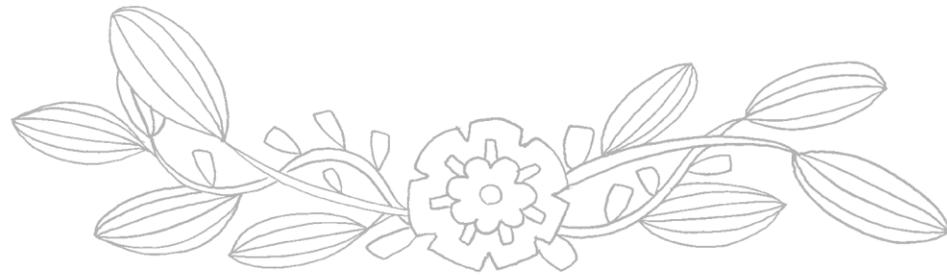
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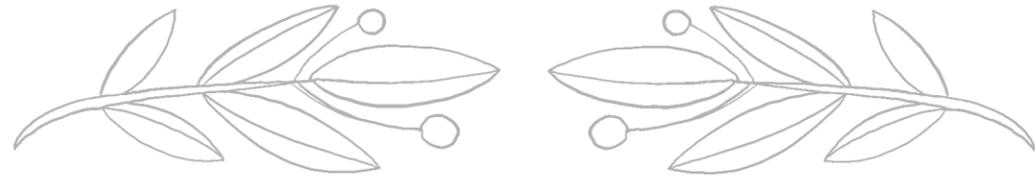


Proverbs 4:18

with God  
all things  
are possible.

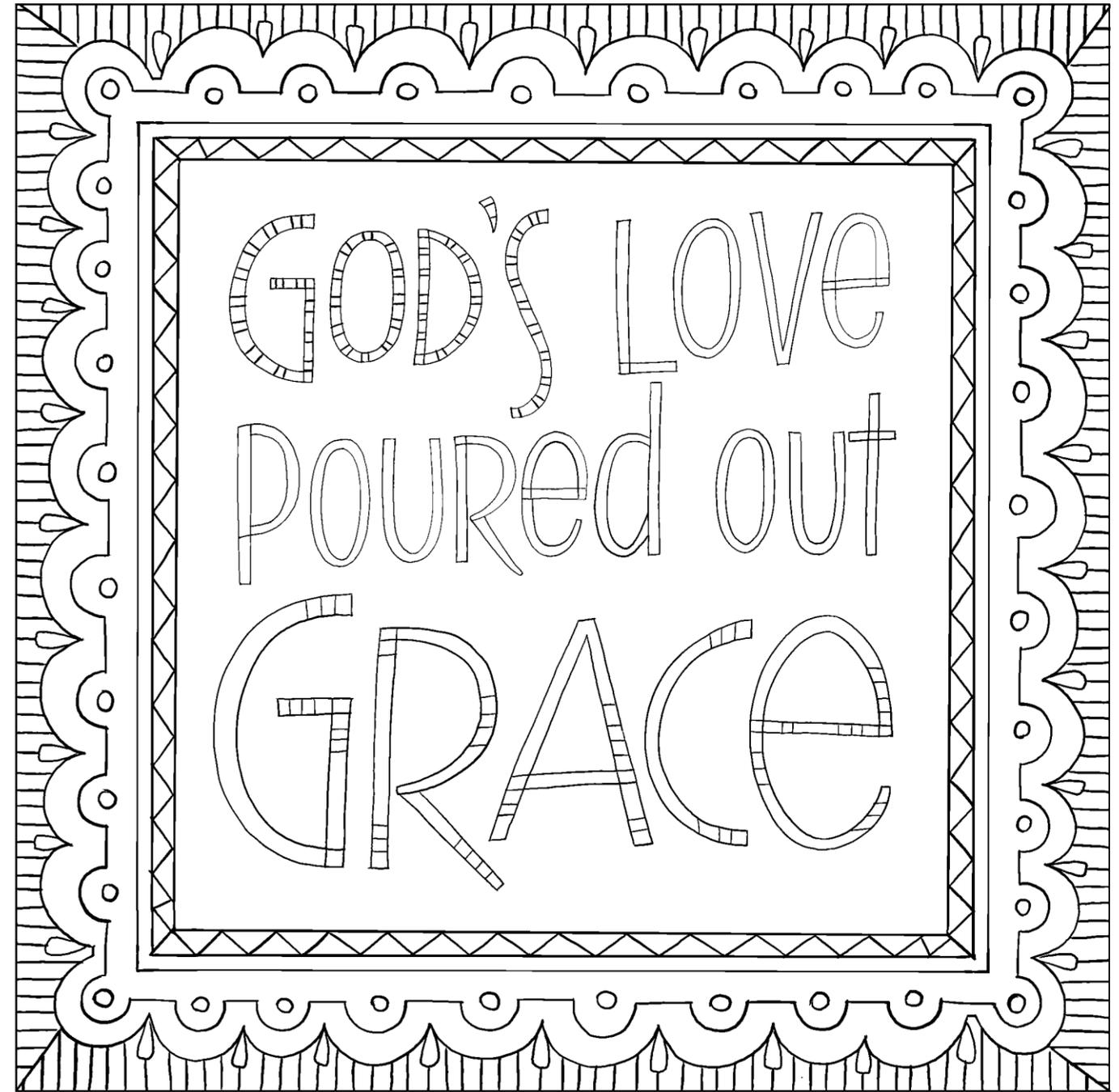
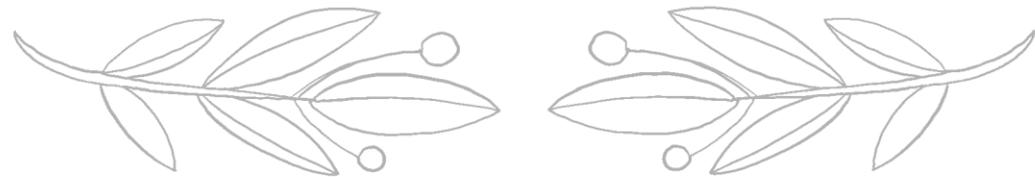


MATTHEW 19:26

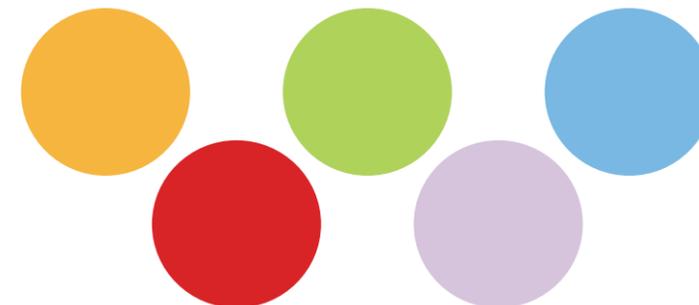


Think of someone in your life who needs your forgiveness.  
How can you begin to forgive them?

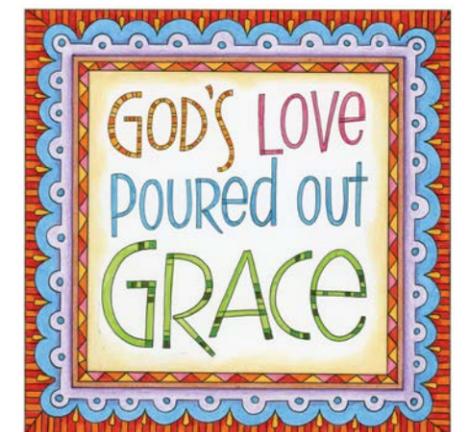
Handwriting practice lines consisting of five horizontal lines.



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By using green for "grace" and nothing else, it's clear what the main message of this piece is.



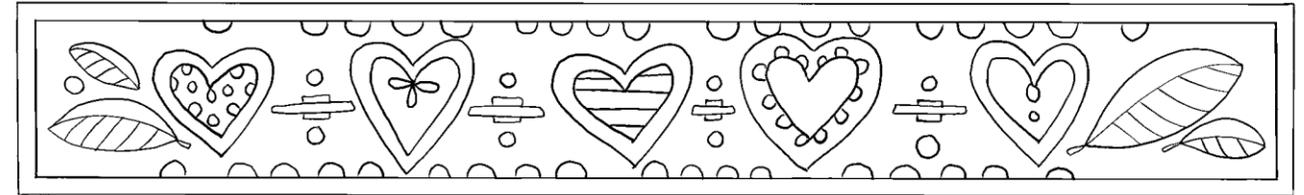
Compassion Gives You Wings



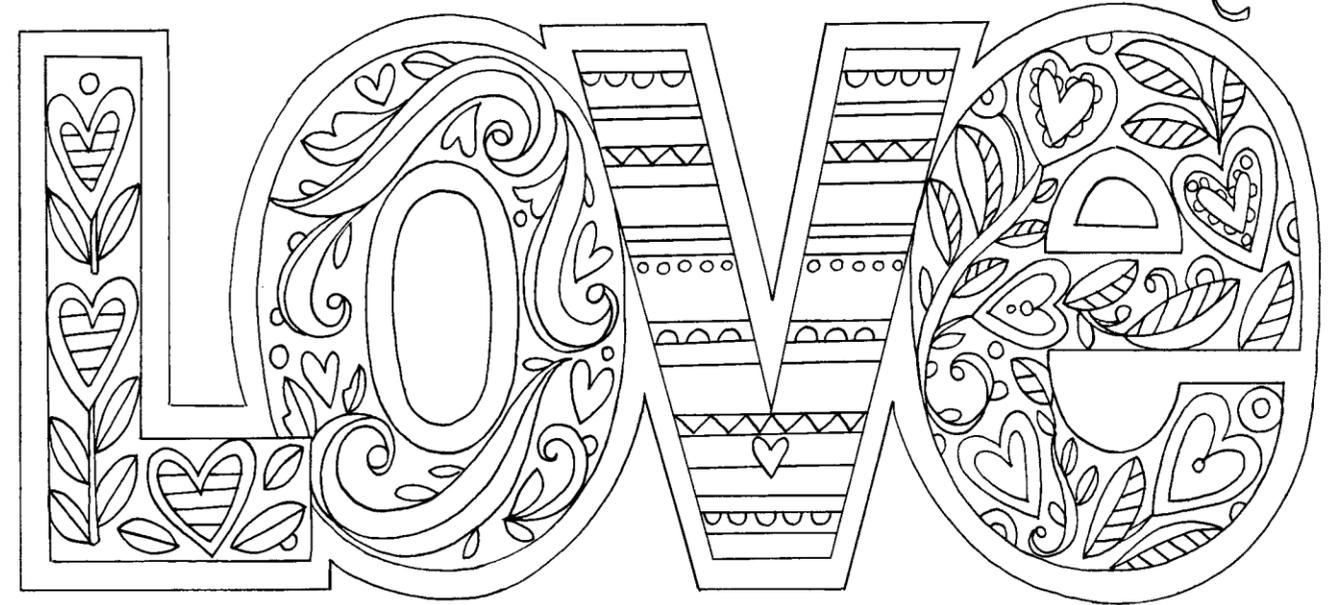
How do you define "grace" in the religious sense?

Handwriting practice lines consisting of five horizontal lines.

Grace

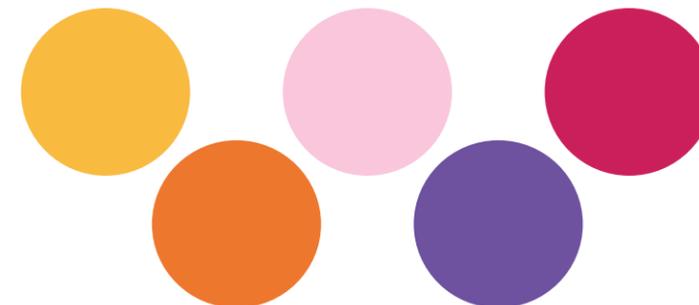


Let all that you do  
be done in

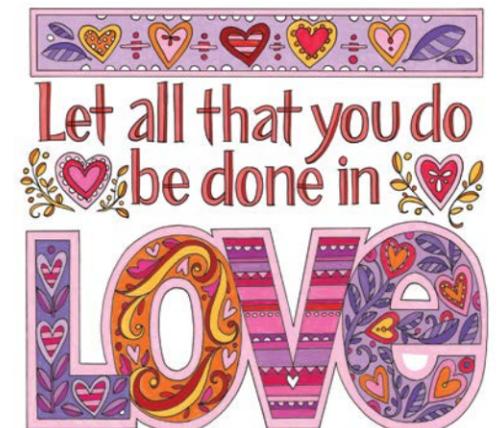


1 Corinthians 16:14

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The warm colors of the border's hearts are repeated in the word "love" for a charming, cohesive look.





What are some things you need to ask for God's help with?

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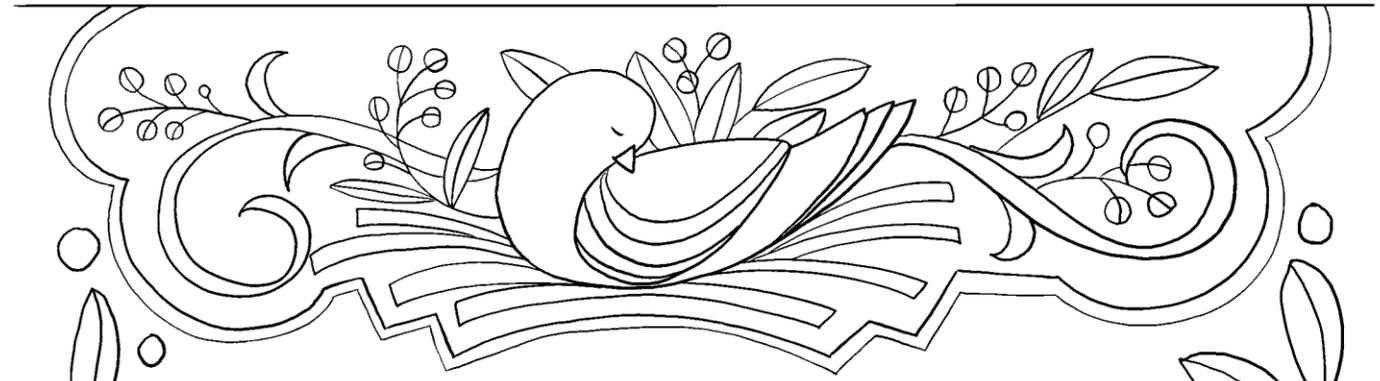
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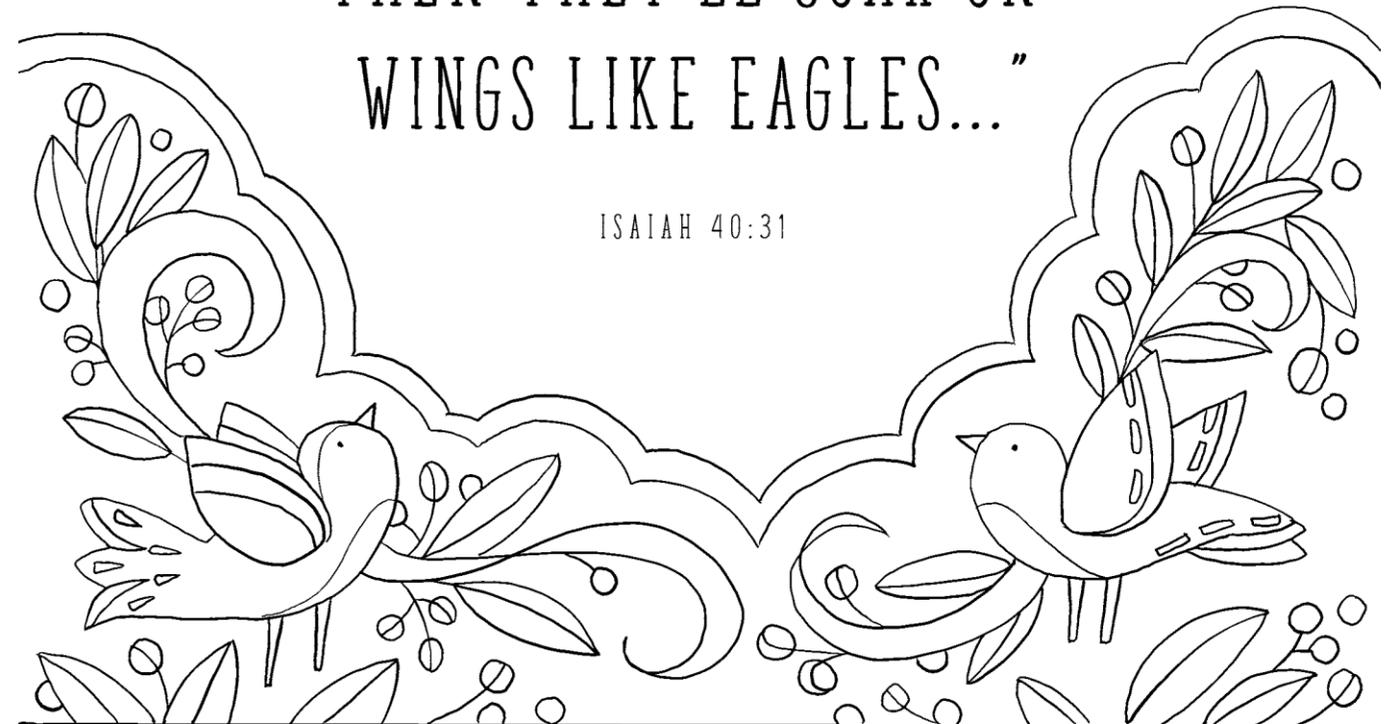


Psalm 121:1-2



“...THOSE WHO KEEP WAITING  
FOR THE LORD  
WILL RENEW THEIR STRENGTH.  
THEN THEY’LL SOAR ON  
WINGS LIKE EAGLES...”

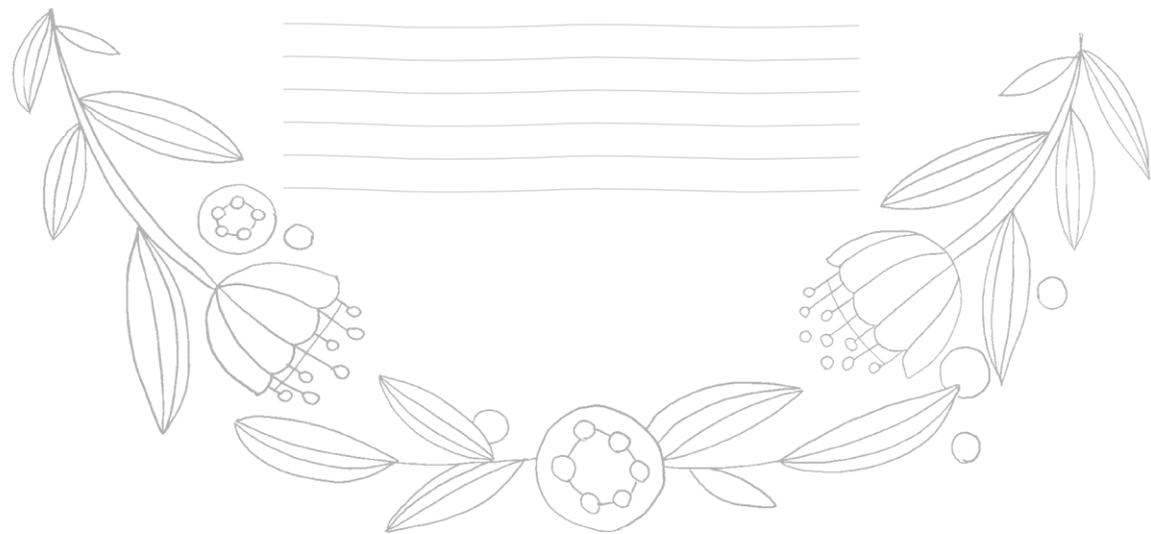
ISAIAH 40:31





What does strength look like to you?

Five horizontal lines for writing an answer.



Isaiah 40:31

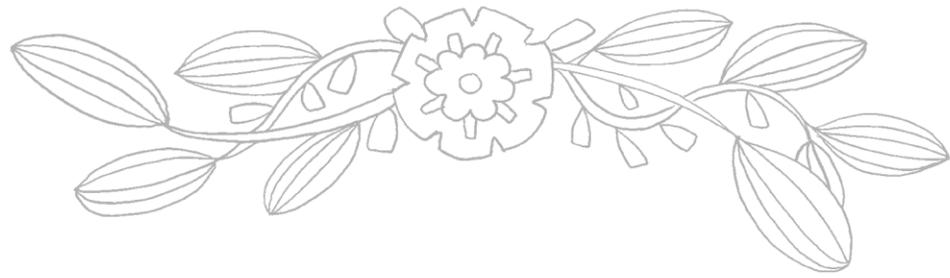


YOU LEAD ME IN THE  
*path of  
life;*

I EXPERIENCE  
ABSOLUTE  
*joy*  
*in your  
presence;*

YOU ALWAYS GIVE ME  
*sheer  
delight.*

PSALM 16:11



Whose company makes you truly happy?  
Why?

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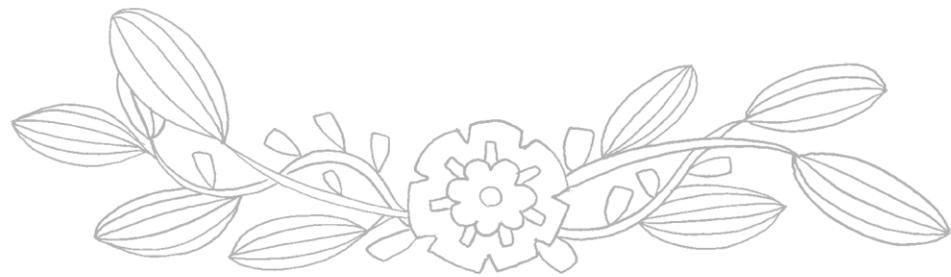
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Psalm 16:11





How has the idea of reaping what one sows played out in your life?

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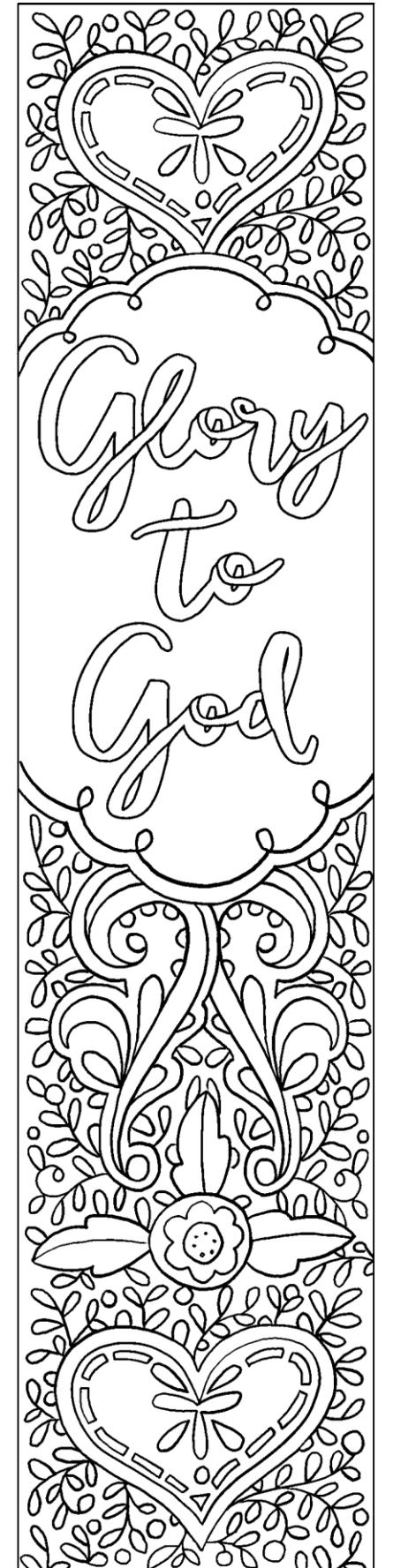
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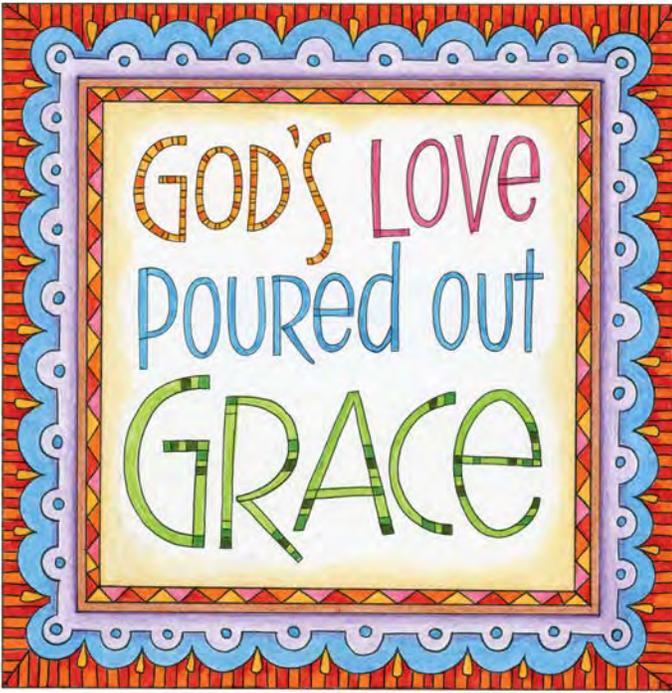
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Galatians 6:7



Cut out or copy these bookmarks.



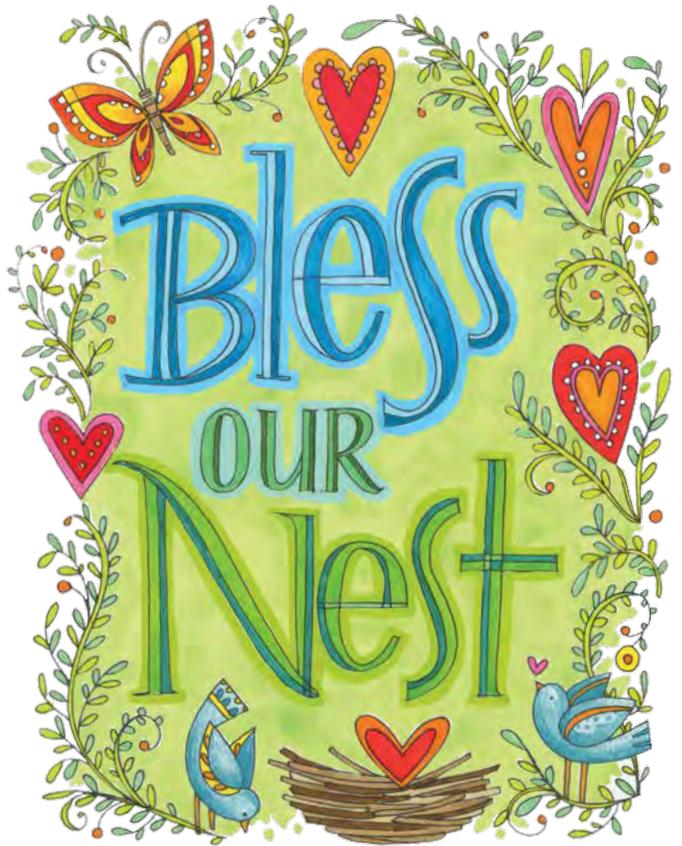
Markers (Crayola), colored pencils (Prismacolor).  
Color by Darla Tjelmeland. Grace, page 33.



Markers (Tombow, Blick), colored pencils (Prismacolor).  
Color by Robin Pickens. Thankfulness, page 43.



Colored pencils (Faber-Castell, Prismacolor).  
Color by Lynette Parmenter. 2 Corinthians 5:7, page 45.



Markers (Tombow, Blick), colored pencils (Prismacolor).  
Color by Robin Pickens. Bless Our Nest, page 63.

# Show Me—Super Easy Coloring Pages

First time coloring? Don't know where to start or what colors to choose? Check out our super easy coloring pages inside. Throughout this book, you'll find easy coloring starter guides and these awesome features:



**Robin Pickens**

After growing up in a creative family, Robin pursued her passion for creating art that speaks from her heart and reflects her creative life as a wife and mother. Robin licenses her artwork for a variety of products like fabrics and home décor. You can find more of her work at [www.robinpickens.com](http://www.robinpickens.com).

“One of my favorite ways to connect my faith to my creativity is through color! Have fun exploring these inspiring pages and don't be afraid to color outside the lines!”

—Shanna Noel,  
founder of Illustrated Faith

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for easy removal

**High-Quality Paper**  
resists bleed-through.  
Acid free to last  
200 years!

don't be afraid,  
just  
believe

**How-To tips and techniques**

White lines that emphasize the delicate curves of the birds, leaves, and letters are offset by the strong, dark color of the text.

**Fully Colored Examples**  
for ideas and inspiration

Mark 5:36

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This book also includes great tips and ready-to-use designs for Bible journaling, like page tags, bookmarks, and traceable patterns!



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