



## Adult Colouring Book: Delight Yourself in the Lord - Psalms of Joy (Paperback)

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By Majestic Expressions

Broadstreet Publishing, United States, 2016. Paperback. Book Condition: New. 178 x 137 mm. Language: English . Brand New Book. Life is full of demands. Appointments, deadlines, obligations, and constant digital chatter occupy every moment and build a mountain of unhealthy stress and tension. Research shows that colouring can be an effective stress reducer, but true rest and peace are found in God. Inspirational adult colouring books by Majestic Expressions incorporate these two ideas in one beautifully illustrated book. Delight Yourself in the Lord features Scripture-designed images and artwork inspired by the joy of the Lord found in the book of Psalms. Spend some quiet time relaxing as you colour. Be refreshed and renewed as you meditate on God's Word. Watch each page come alive as you allow your creativity to flow freely, filling the intricate images with the beauty of colour. Take a break from your busy schedule and the stress that accompanies it. The worries of life can wait.



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