

I WILL LIFT UP MY
EYES TO THE HILLS—
FROM WHENCE
COMES MY HELP MY
HELP COMES FROM
THE LORD, WHO
MADE HEAVEN AND
EARTH.

PSALM 121:1-6

THE LORD IS MY
LIGHT AND MY
SALVATION; WHO
SHALL I FEAR? THE
LORD IS THE
STRENGTH OF MY
LIFE; OF WHOM SHALL
I BE AFRAID?

PSALM 124:1

THE LORD
PRESERVES
ME SIMPLE; I WAS
NOT LOST, AND HE
LED ME. RETURN TO
A REST, O MY SOUL,
FOR THE LORD HAS
ACTED BOUNTIFULLY
WITH YOU.

PSALM 138:1-6

I SPOKE
AND WAS
HEARD; I CRIED
AND WAS
ANSWERED.
I CALLED
AND WAS
LISTENED TO.
O LORD, DO NOT
SILENCE MY
PRAYER.

PSALM 138:1-6

SOUGHT
THE LORD, AND
HEARD ME,
AND DELIVERED
ME FROM ALL MY
FEARS.

10 mandala coloring pages for self care and anxiety relief with encouragement from the psalms

HEARD, O LORD,
MY VOICE; MY
CRIES HAVE COME
UP TO YOU.

ANSWER ME, O
LORD, FOR I
AM IN TROUBLE.
MY HEART
IS PAINING ME,
AND MY SOUL
IS IN DISTRESS.

PSALM 138:1-6

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SHALL I FEAR? THE
LORD IS THE
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PSALM 124:1

THE LORD
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A REST, O MY SOUL,
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AND WAS
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I CALLED
AND WAS
LISTENED TO.
O LORD, DO NOT
SILENCE MY
PRAYER.

PSALM 138:1-6

GOD IS OUR
REFUGE AND
STRENGTH, A VERY
PRESENT HELP
IN TROUBLE.
THEREFORE WE
WILL NOT FEAR...

PSALM 46:1-6