

PRAYING IN COLOR



Why Pray in Color?

Sometimes sitting still and staying focused on prayer is hard. You want to spend time with God but aren't sure how. Listening to God feels like an impossible task, especially when your mind wanders and your body wants to move. Children and adults of all ages experience these difficulties. Maybe this new visual and concrete way to pray will work for you!

Grab some crayons, colored pencils, or markers and some blank paper.

Warm up and practice by drawing some doodles, squiggles, lines, circles, dots... on a piece of paper. When you're ready follow these directions:

- ❖ Take a deep breath and slowly exhale. Repeat a few times. You may want to light a candle (or turn on a battery candle) as a visual reminder of the presence of God.
- ❖ Write God or a favorite name for God (Loving God, Creator, Jesus, Lord...) somewhere on the paper and doodle around the name.
- ❖ If you are doing this as a family, you can each have your own piece of paper or share one that everyone adds to.
- ❖ Take turns sharing a prayer request, word of praise, someone's name...
- ❖ Write down the praise/prayer either with words or a picture and then doodle around it while praying or praising God for the request.
- ❖ Repeat the last 2 steps as many times as desired.
- ❖ When you are ready to end, write Amen or your favorite prayer closing somewhere on your paper.

To learn more about *Praying in Color* by Sybil MacBeth and to see some examples, visit prayingincolor.com/examples