Praying in Color = Prayer + Doodling

Why do people like to pray in color?
You want to pray but words escape you.
Sitting still and staying focused in prayer is a challenge.
Your body wants to be part of your prayer.
You want to just hang out with God but don’t know how.
Listening to God feels like an impossible task.
Your mind wanders and your body complains.
You want a visual, concrete way to pray.
You need a new way to pray.

Use paper and markers provided to get started:

1) Write your name for God on a piece of paper. Draw a shape around it or just start to doodle. The drawing becomes a prayer space, a small prayer closet.

2) Add marks and shapes. Focus on the name you chose. Ask God to be part of your prayer time with or without words. If words come, pray them; if not, enjoy the silence.

3) To pray for a person, write their name on the page. Draw around it. Add color, if you want. Keep drawing as you release the person into God’s care.

4) Add other people to your drawing. Think of each stroke of your pen as a prayer for them. Take a breath or say “Amen” between each person.