

Learn more...

Check out the following books:

Windows Into the Soul—Art as Spiritual Expression

by Michael Sullivan

Praying in Color

by Sybil MacBeth

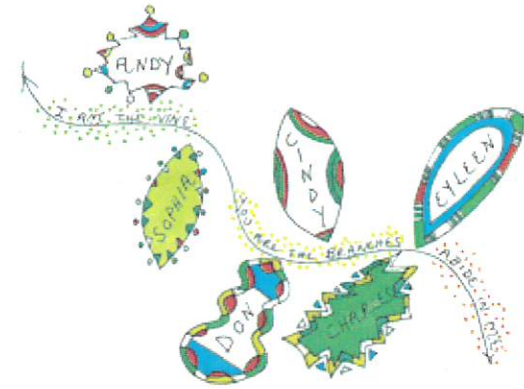
Or visit this website:

www.prayingincolor.com

Sketches of Prayer – Want to get creative in your prayer life? Come and learn how artistic expression in prayer can lead to a deeper connection with God. Participants will engage in simple drawing exercises while praying - no artistic ability or skill is needed!

Sample prayers on cover from www.prayingincolor.com/examples

Sitting still and staying focused in prayer are a challenge



Sketches



of
Prayer

wanders and your body complains • You want a visual, concrete way to pray • You need a new way to pray

Listening to God feels like an impossible task • Your mind

Your body wants to be part of your prayer • You want to just hang out with God but don't know how

Let It Out!

Word Collage

*The Lord is near to all who call on him,
to all who call on him in truth.—Psalm 145:18*

Materials: paper, markers, pen or pencil. Set one colored marker aside for later in the prayer.

Step 1—Close your eyes

Step 2—Take 4-5 deep, slow breaths

Step 3—Pray that God will bless this time and help you be more willing to give yourself to him:

God, thank you for bringing me to a place of hopefulness. Help me to be myself, to let go, and to see you in this prayer. AMEN

Step 4—Begin to meditate on this question:

What are you confused, frustrated by or down about lately?

Step 5—As ideas, words, phrases come to you grab the markers and begin writing.

Let the words flow!

Be honest—don't analyze, criticize or hide feelings!

Be creative—write upside down, diagonally, in a spiral, etc.

When something really gets you going, switch out to pen/pencil and do a little section of journaling. Really let the thoughts pour out onto the paper.

Step 6—When the words slow down/stop, take a moment to relax and review what's come out.

Step 7—Listen for God. Ask God to respond to your words. Write down any Scriptures or other words that come to mind. Use the marker you had set aside earlier for this step. If nothing comes, don't worry about it, something may come to you at a later time.

Step 8—Close your eyes again

Step 9—Take 4-5 deep, slow breaths. End by saying AMEN out loud.

Soul Questions:

What feelings did you experience? Was it easy to express them?

Did you feel you were 100% open and honest with God?

Did your feelings change when you listened for a response from God?

Did anything surprise you?

Lift It Up!

Daily Prayer Bubbles

*Pray in the Spirit at all times in every prayer and supplication.
—Ephesians 6:18*

Materials: paper, markers or colored pencils, pen or pencil.

Step 1—Close your eyes

Step 2—Take 4-5 deep, slow breaths

Step 3—Pray that God will bless this time and help you be more willing to listen to him:

God, open my heart to hear your word in new and challenging ways and help me pray in a way that expresses my hopes and fears for others and myself, and deliver me from praying simply to please you. AMEN

Step 4—Begin by waiting quietly and listening for God. Ask Him to give you a Scripture verse or name for himself for you to focus on in this prayer time.

Step 5—When a verse or name has come to you write it in the center of the paper and draw a large circle/shape around it. As you reflect on the verse feel free to add color, patterns and other shapes to the inside of the bubble.

Step 6—Allow your prayer to expand to other individual or situations that come to mind. Draw smaller bubbles around your center bubble and write names or words for these items inside each. Again, add color, pattern, etc. to these bubbles.

Step 7—When your thoughts slow down/stop, take a moment to relax and review what's come out.

Step 7—Listen again for God. Ask God to respond to the prayers you are lifting up. Write down any Scriptures or other words that come to mind around the outside of the bubbles. If nothing comes, it's ok, something may come to you at a later time.

Step 8—Close your eyes again

Step 9—Take 4-5 deep, slow breaths. End by saying AMEN out loud.

Soul Questions:

Why is it difficult to pray daily?

Did drawing the bubbles help you to stay focused during the prayer time?

Did the verse or name for God take on new meaning for you?