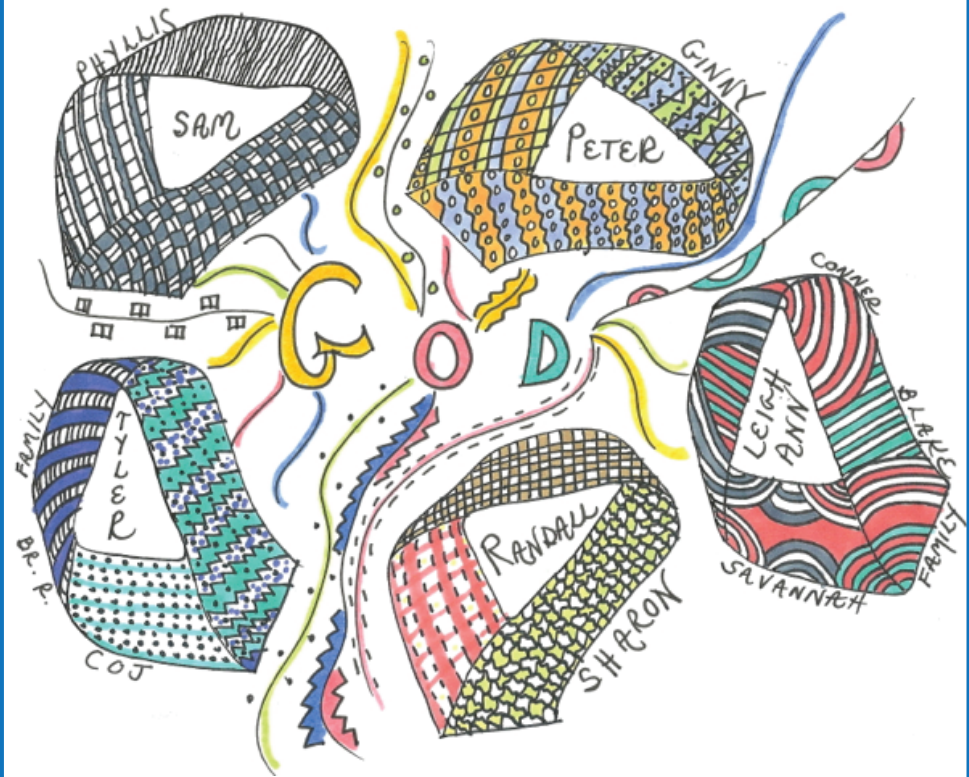








# Praying *in* color



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Excerpts from  
Praying in Color – Drawing a New Path to God  
by Sybil MacBeth

It's all a matter of focus. Maybe you resonate with the following:






-  You have prayer lists, but aren't quite sure how to pray.
-  Your mind wanders.
-  You're bored with the same old prayers.
-  You promise to pray for others, and then you forget.
-  Your spirit and body reach a place of calm and stillness in prayer and then you fall asleep.
-  You're sure everyone you know is a better and more effective pray-er than you.

**Praying in Color** is an active, meditative, playful prayer practice. It is both process and product. The process involves a re-entry into the childlike world of coloring and improvising. The product is a colorful design or drawing that is a visual reminder of the time spent in prayer. . . a prayer journal in pictures.



Your first response may be that you cannot draw or this seems too juvenile, well no skill is required and Jesus said *"Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven."* (Matthew 18:3)

So. . . if you are a visual or kinesthetic learner, a distractible or impatient soul, a word-weary pray-er or just a person looking for a new way to pray, this practice may prove to be helpful








How to get started:

-  Read scripture that is applicable to this practice – i.e. Romans 8:26, *" . . .the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the very spirit intercedes with sighs too deep for words"*
-  Spend some time considering the fact that your body, soul and spirit will be part of this time of prayer.
-  Recognize the fact that this may be a little outside your comfort zone, but in doing something different it may help you focus in ways you never have before.
-  Don't rush through these steps, but rest with each bullet point until you believe the Holy Spirit is leading you on in drawing in color as an act of worship.
-  Remember, this is an all-day prayer event. Drawing is only half the prayer. The other half is transporting the visual memories – either in your mind or on paper – so you can pray throughout the day. The images are visual alarm clocks that remind you to pray.

## Supplies needed:

-  Paper (this can be as elaborate as a leather-bound journal or as simple as some newspaper print.
-  Colored pencils or markers (avoid washable markers as they smear).

## How to get started:

-  Draw a shape on the page – a triangle, trapezoid, squiggly object or imperfect circle.
-  Write in that object a name for God (*Jesus, Jehovah, Father, etc.*). This serves as a reminder that God is ever-present in your prayers and your work.
-  Write the name of someone you feel led to pray for (this may even be yourself).
-  Add detail to the drawing. This might be dots, lines, circles, zigzags, or whatever your hand wants to do. Don't analyze what you are creating.
-  Continue to enhance the drawing. Think of each stroke and each moment as time that you spend with the person in prayer
-  Continue drawing until the image feels finished.
-  Add color to the picture. Choose colors that will stay in your memory, that you particularly like, or that remind you of the person for whom you pray. When the drawing and praying for the first person are completed (you run out of things to pray for that person) start over again with a new shape close to the first one and repeat the drawing process until you feel you have completed your visual prayer list for the day.
-  Draw with pen and colors until you have created an image or icon for all of the people for whom you want to pray.
-  Linger with the page in front of you. Let the names, images and colors imprint themselves on your brain. Spend another moment with each person in silence or say a short verbal prayer or *"Amen"* if that seems appropriate. Take the journal or page with you, if you can. Place it on your desk, refrigerator or someplace where your eyes will scan it during the day.

