

Session 3

Praying in Color

Session Focus:

This session focuses on using colors (pens, crayons, markers) and paper to make our prayers to God. Why would one want to “draw” prayers? 1) *You want to pray but words escape you.* 2) You have trouble sitting still and staying focused. 3) *Your body wants to be part of your prayer.* 4) **You want to just spend time with God but don’t know how.** 5) *You want to be a listener in prayer but your mind wanders and your body complains.* **6) You want a visual, concrete way to pray.** 7) You want a NEW way to pray.

Scripture: Romans 8:26

²⁶ Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.

Here’s what you need to get started:

1) Paper 2) Pen 3) Colored markers or colored pencils or colored gel pens or just 1) and 2) 4) A table or clipboard or book to put your paper on.

Doodle Vocabulary

In case you haven’t doodled since elementary school or never did, here’s a mini doodling lesson. Practice on one of your sheets of paper.

Names of God

Pick a name for how you want to address God. There are so many options. You may have one you regularly use, or you may want to branch out and try something new.

Jesus HOLY SPIRIT **God** **Healer** *Savior*
Creator *Father* **Abba** Redeemer Yahweh
Lord *Father-Mother God* **One** MYSTERY

You may want to add an adjective to your name:

Loving god **Gracious Light** BELOVED ONE
Brother Jesus Healing Savior **Higher**
Power Forgiving Lord Almighty Father
Transforming Spirit

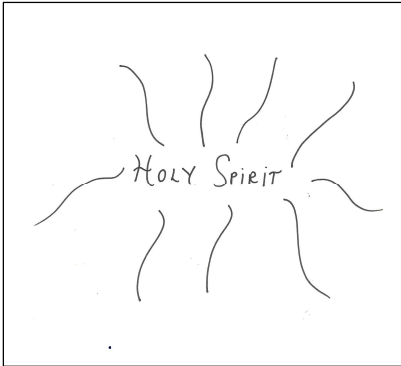
Today, we will focus on Intercessory Prayer. As we start our Lenten Journey, for what do we pray and for whom will we be praying. For what and for whom are we praying in thanksgiving and gratitude? Where do we delight in God? Where is God's delight in us.

There are so many options for prayer that can be used with this method, including:

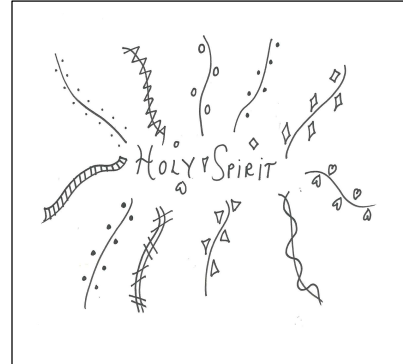
- Prayers of Petition (for self)
- Disgruntled Prayers
- Gratitude or Gruntled Prayers
- Adoration or Praise Prayers
- Confession or Regret Prayers
- Praying your To Do List
- Daily Inventory – The Examen
- Hodgepodge Prayers
- Lingerig with God Prayers
- Blessing Prayers
- Praying for our Enemies
- Twelve-Step Prayers
- Remembering and Sorting Prayers
- Discernment Prayers
- Assorted Meditations and Prayers
- Memorizing a Scripture Passage
- Exploring a Word of Scripture
- Praying the Scriptures – Lectio Divina
- Praying in the Margins of Scripture
- Prayer with Calendars
- Praying Holy Seasons

Here's how to get started:

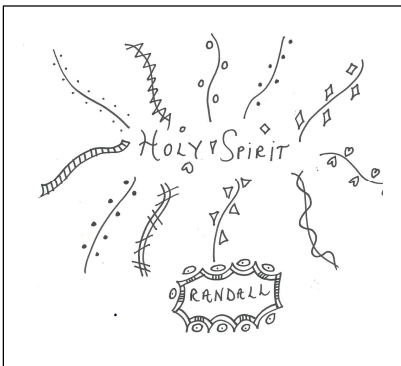
1) Write your name for God on a piece of paper. Draw a shape around it or just start to doodle. The drawing becomes a prayer



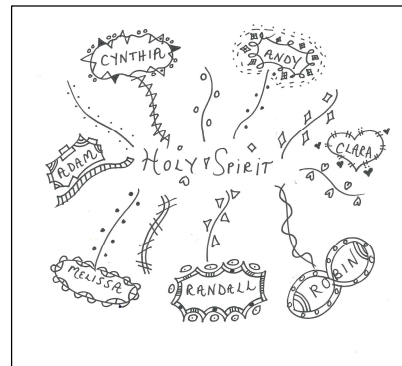
2) Continue to add marks and shapes. Focus on the name you chose. If words come, pray them; if not, enjoy the silence.





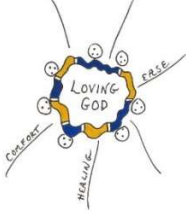
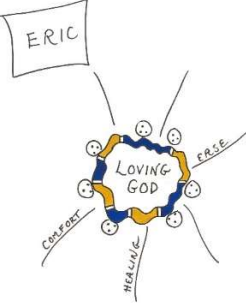
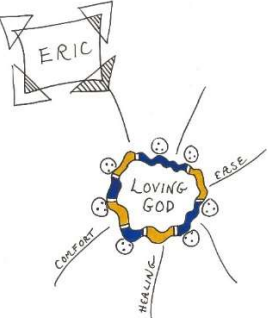
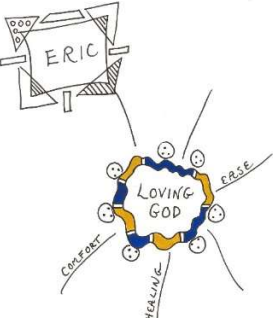
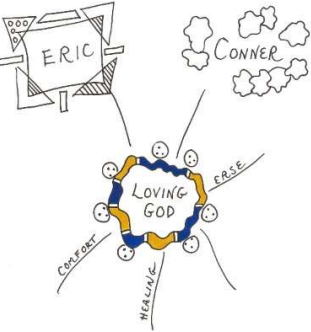
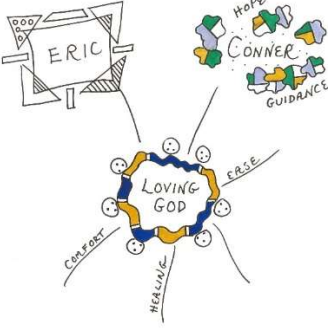
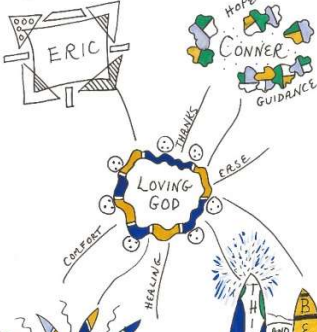
3) To pray for a person, write their name on the page. Draw around it. Add color, if you want. Keep drawing as you release the person into God's care.



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.



Praying in Color—Intercessory Prayer

<div style="text-align: center; margin-bottom: 20px;">  </div> <p>Start with God. Write a name for God. Ask God to be part of your prayer. Draw or doodle around the name while you pray.</p>	<div style="text-align: center; margin-bottom: 20px;">  </div> <p>When your words run out, keep drawing. Think of each stroke as a wordless prayer. Add dots. Lines.</p>	<div style="text-align: center; margin-bottom: 20px;">  </div> <p>Continue to add shapes, marks and color. If words come to you, pray them. If not enjoy the silent time with God. Write words. if you</p>
<div style="text-align: center; margin-bottom: 20px;">  </div> <p>Write the name of someone for whom you want to pray. Start to draw around their name. Release the person into God's care. If words come to you, pray them. If not, just</p>	<div style="text-align: center; margin-bottom: 20px;">  </div> <p>Imagine that you, God, and the person are spending time together. Add color or keep it black and white. Keep drawing and praying.</p>	<div style="text-align: center; margin-bottom: 20px;">  </div> <p>When you are finished praying for the person, take a breath, say "Amen," or "Lord, hear my prayer."</p>
<div style="text-align: center; margin-bottom: 20px;">  </div> <p>Add another person to your visual prayer list.</p>	<div style="text-align: center; margin-bottom: 20px;">  </div> <p>Pray for the person with words and doodles, color, and silence. Write words, if you like. When you are finished take a breath</p>	<div style="text-align: center; margin-bottom: 20px;">  </div> <p>Add more people to your prayer.</p>

Source: *Praying in Color, Drawing a New Path to God*, by Sybil MacBeth