



### Reasons to Pray in Colour:

- You want to pray but words escape you
- You have trouble sitting still and staying focused
- Your body wants to be part of your prayer
- You want to just spend time with God but don't know how
- You want to be a listener in prayer but your mind wanders and your body complains
- You want a visual, concrete way to pray
- You want a NEW way to pray.

### Supplies: (all or just some)

- Paper
- Pen/pencil/coloured markers, pencils, gel pens, etc.
- A table or clipboard or book to put your paper on.

### How To Start:

1. Brainstorm names for God. Choose the name that resonates with you now and write it on a piece of paper. Draw a shape around it or just start to doodle. The drawing becomes a prayer space.



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 colour, 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.



5. Resource: [prayingincolour.com](http://prayingincolour.com)