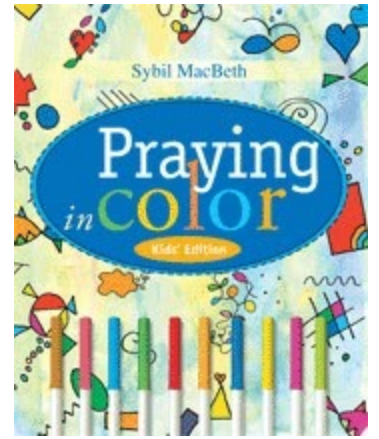


Praying in Colour

Here's what you need to get started:

- 1) Paper
- 2) Pencil
- 3) Coloured markers, pencils or gel pens



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 space.



- 2) Add marks and shapes. Focus on the name you chose. Ask God to be part of your prayer time with or without words.



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.

