



# Praying in color

Drawing a New Path to  
God

Sybil MacBeth





# Prayer Dilemmas

- You make a list of the people for whom you want to pray and then don't know what to pray for.
- You can't sit still long enough to get past the "Our Father" or "Hello God" step.
- Your prayers feel more like a list for Father Christmas than a love letter to God.
- You fumble for the right words and deem the effort hopeless.



# Prayer Dilemmas

- You dump the contents of your heart and mind on God and then wish you hadn't.
- You turn to a prayer book or Bible for solace and guidance, and then fail to find the verse that describes your immediate need.
- Your prayers feel too puny, too self-centred, too phony... or just somehow... inadequate.



# Prayer Dilemmas

- You're bored with the same old prayers that you've said since nursery school.
- You ask that God's will be done then cross your fingers and hope you can bear the results.
- You promise to pray for others and then forget who they are.
- You can't wait for your prayer time to be over and done with.



# Prayer Dilemmas

- You start to pray and realize that you're thinking about paying the bills.
- Praying for others feels like crossing off errands on a "to-do" list.
- Your spirit and body reach a place of calm and stillness in prayer and then you fall asleep.
- You want to like the act of praying, but it is more often obligation and drudgery than joy.

# Praying for Others

- Praying for another
- Is being with the other
- In the presence of God



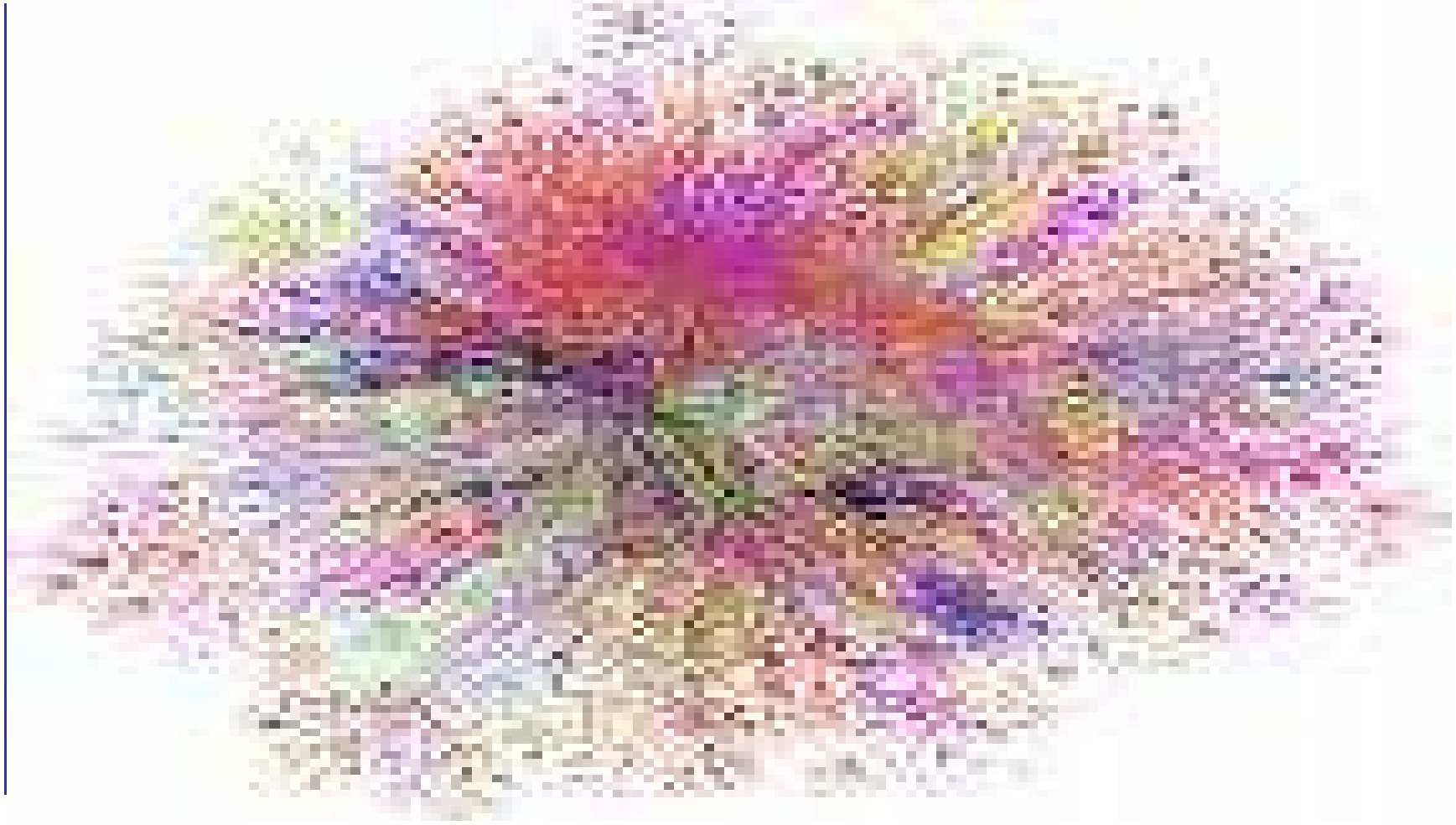
# The Body of Christ



The description 'Body of Christ' used for the Church emphasises its unity in Christ. This unity is symbolised and made effective by the Church's members sharing in the Eucharist, the sacrament of Christ's Life, or Body-and-Blood. The description also points to the Church as the visible presence of Christ in the world.

# The Communion of Saints

[www.godslife.co.uni](http://www.godslife.co.uni)



# *What You Need*

*Blank paper*  
*Pen for outlines*  
*coloured pens, pencils, markers*

# Getting ready

***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.***

[Romans 8:26]

Draw a shape on the page.  
Write the name of the person for  
whom you want to pray in or near  
the shape.



Add details to the drawing.



Continue to enhance the drawing.  
Think of each stroke and each  
moment as time that you spend  
with the person in prayer.



Keep drawing until the image feels finished.



Add colour to the picture. Choose colours that remind you of the person for whom you pray.



- When the drawing and praying for the first person are completed, move to another space on the page. Draw a new shape or design to create a place for the name of a different person.

Repeat the process of drawing. Add detail and colour the same way you did with the first person.

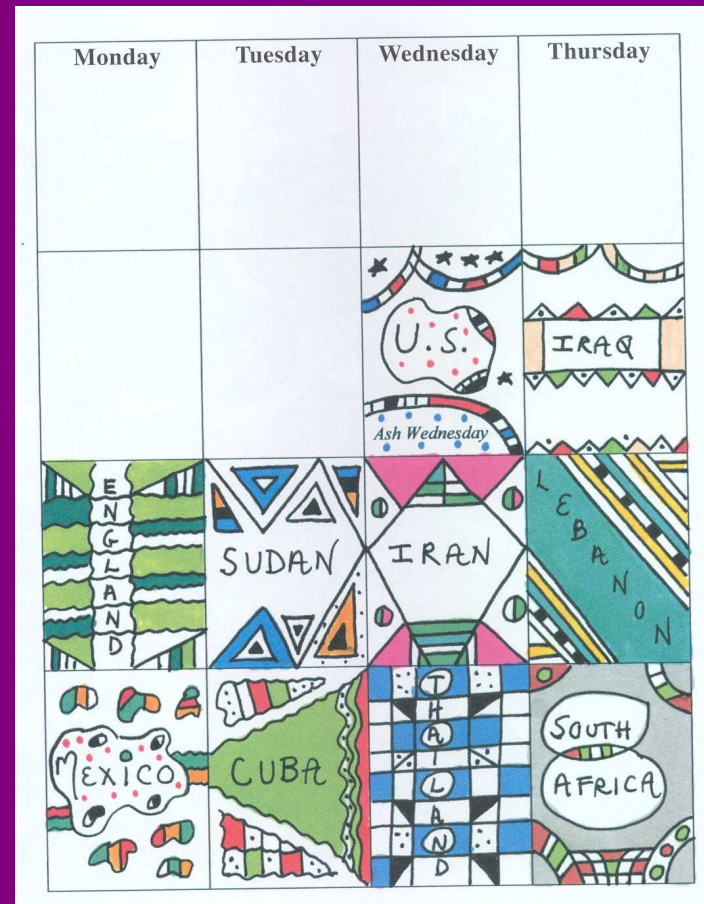


# Praying Together

- **Community Prayer Session**

# Lenten Calendar

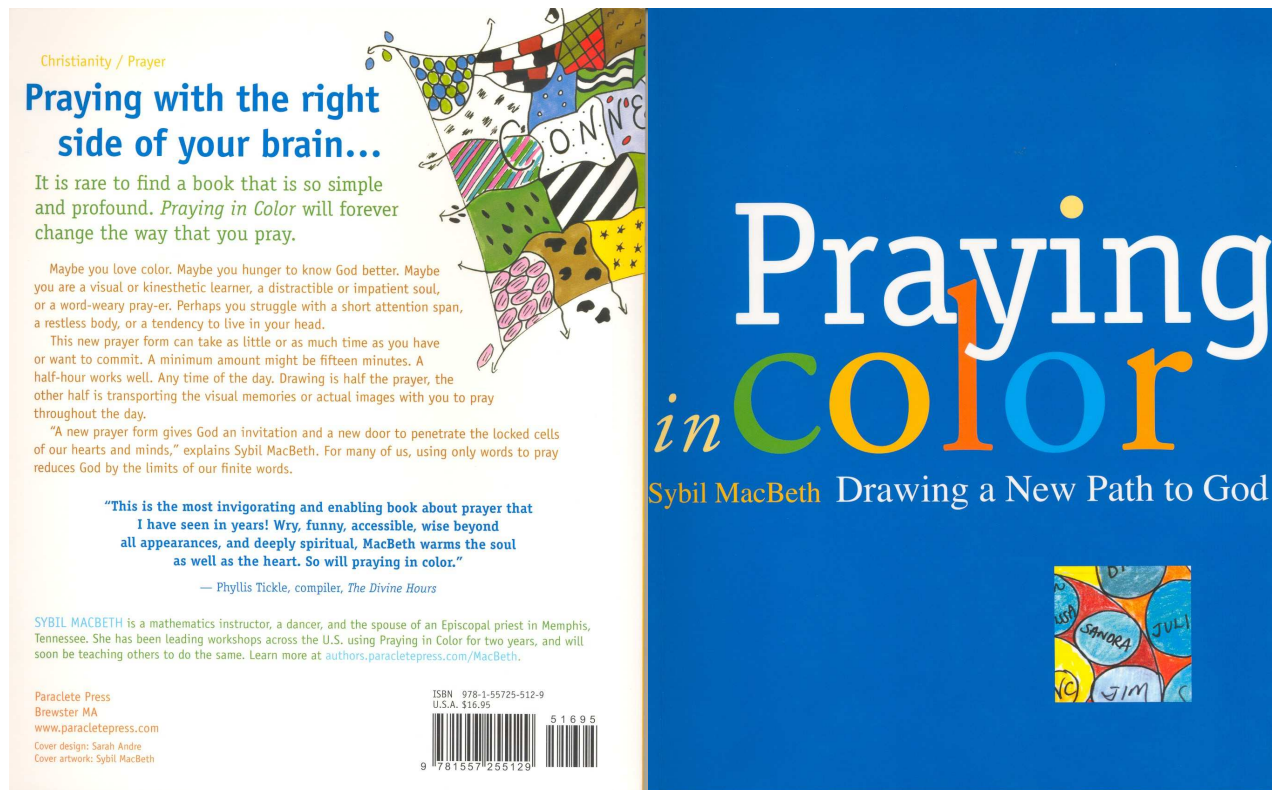
- Countries
- Family & friends
- Resolutions
- Students
- Gospel verse



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Drawing a New Path to God

Sybil MacBeth. 2007. Brewster, Massachusetts: Paraclete Press  
ISBN 978-1-55725-512-9



# *Other Ideas*

**Praying with scripture verses**

**Praying for enemies**

*Praying for personal or social issues*