**Lent 2020 ACQW**

**Led by Rev. Lynn Mitchell+**

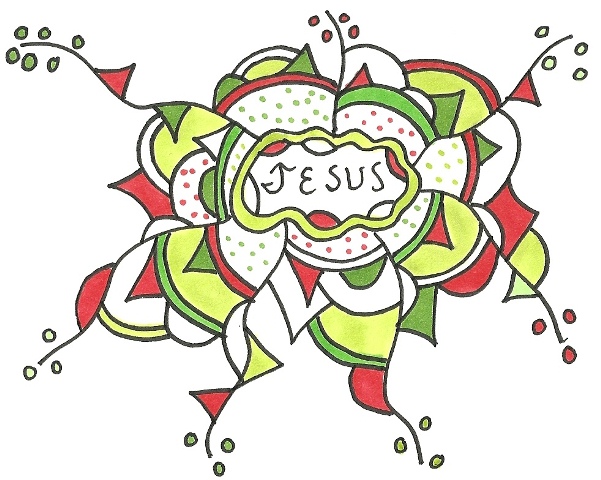
**HOLY HABITS**

*for daily Christian Living*

**PRAYING** *in*

**COLOUR**

***Based on the book by Sybil MacBeth***



***Some notes from Praying in Color***

* “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.” (p. 5 Praying in Color)
* “The irony and miracle for me is that now, in my adulthood, God has taken one of my passions – color; combined it with one of inadequacies – drawing……..and given me a new way to pray. *My grace is sufficient for you, for my power is made perfect in weakness* (2 Cor 12:19 NIV)” (p. 6)
* “I’ve never been much a prayer warrior; I cannot fire out eloquent, television-worthy prayers. Instead, I’m more like a prayer popper. I pray a lot, but in fits and spurts…….” (p. 8)
* “Prayer is the glue that holds all the pieces of life together in a spiritual whole.”
* “Since words elude me when I need them most, I learned long ago that I cannot count on *quality* time with God when I want to pray. I need *quantity* and regularity. Quality is not something I can predict.”
* “There’s also the risk that instead of praying [for others], I’ll just worry about them. And worry is not a substitute for prayer. Worry is a *starting place*, but not a *staying place*.” (p.12)
* Worry invites me into prayer.
* “As a *staying place*, worry can be self-indulgent, paralyzing, draining, and controlling. It conjures up the dark side of my imaginative gifts and consumes my energy. It is no less evil or titillating than pornography. When I take worry into prayer, [worry] doesn’t disappear, but it becomes smaller. I see it for its true self – an imposter that masks itself as action and lassoes me into inaction. Brought into prayer, it sits next to me and whimpers for its former place of honor and power. When I focus on my prayer, on that conscious effort to engage the presence of God, worry heels, stays, and sometimes rolls over and dies.”

**GETTING STARTED**

* You will need pencil crayons, coloured markers, crayons……make sure they are of good quality
* You will need paper; buy a drawing pad from an art supply store
* As little or as much time as you want to commit. Half an hour is a good length, but if 15 minutes works…….. If you draw in the morning, you can take the prayer with you during the day; in the evening, they become part of a bedtime blessing.

To begin

* Recite or read a favourite passage of scripture
* Sit in your chair a few minutes and be quiet. Take several deep breaths.
* Say a short prayer to gather the bits of your mind, body, and spirit together.
* Draw a shape on the page.
* In the shape, write the name of a person for whom you wish to pray. OR write your own name. OR write “God” or “Jesus” OR………
* Add detail to the drawing….dots, lines, circles, zigzags, wiggles……whatever your hand wants to do.
* Continue to enhance the drawing. Think of each stroke and moment as the time you spend with the person for whom/to whom you are praying.
* Add more colour. Keep drawing until it feels finished.
* Then draw another shape.
* Write a new name in the middle.
* Repeat the drawing process.
* Repeat………until you are finished/your time has come to an end.
* To finish, spend a concluding moment with each person. Say AMEN if that seems appropriate.
* Take the journal or page with you, if you can. Place it on your desk, the counter, your refrigerator or someplace where your eyes will scan it during the day.
* The next day/time you sit down to pray in colour, you can begin a new drawing, or add to the previous drawing.

