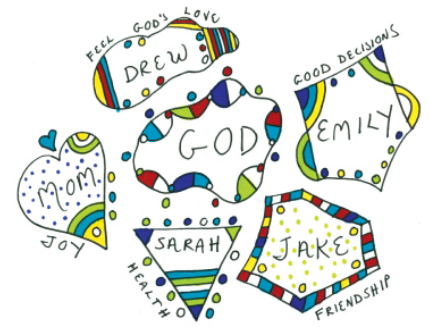


PRAYING IN COLOUR



About Praying in Colour:

This is based on the book by Sybil MacBeth. Praying in colour is an active, meditative, prayerful prayer practice. It is both process and product. The process involves engaging with colouring and improvising. The product is a colourful design or drawing that is a visual reminder of the time spent in prayer. The purpose of the activity is to use a colouring activity to achieve inner stillness and silence so that they can deeply listen to God.

TASK:

1. On a blank piece of paper draw a small closed shape – a circle, triangle, trapezoid; any squiggle. Write the name of a person you want to pray for in the circle.
2. Add detail to the shape – dots, lines, circles or zig zags. With every stroke pray for the person whose name you have written. You may like to use a mantra, “peace be with...”
3. Keep adding colours until the shape looks finished. Choose colours that remind you of the person.
4. Continue the mantra.
5. Draw a new shape with a new person and continue the process.

