

PRAYING in Color

A LITTLE BACKGROUND

Former math professor, Sybil MacBeth, developed her love of doodling and drawing as a unique path to prayer. She recognized that she could use her love of mathematics to embrace an “artistic display of numbers and symbols,” while doodling. Perhaps the most common method of prayer in the protestant church is with eyes closed. However, the practice of Praying in Color connects one’s eyes, hands and heart by letting your hands “dance around the page.”

GETTING STARTED & PICKING YOUR METHOD

Choose a method of drawing or doodling that feels most comfortable to you.

METHOD 1: IN COLOR

Using this the most common version of Praying in Color, doodling and drawing with colored pencils is therapeutic for busy people. One of the earliest experiences for MacBeth came during a quiet time of doodling while sitting on her back porch. As she worked, she realized she had written a name in one shape. It was the name of her sister-in-law who had cancer. There was already a prayer in her heart.



This sample prayer was drawn by Nancy Shippen Livengood, a former member of Second Ponce.

METHOD 2: IN BLACK & WHITE

This colorless version of the prayer, with any kind of paper and pen, can open a new manner of prayer for people and concerns that are important to us. Men often prefer this style. Think of the many paper items you touch each day and repurpose some of it for this prayer.

INVOLVING CHILDREN

Children can use doodling as an effective method of praying and Scripture. Using the children’s prayer of “Now, I lay me down to sleep...” is a good beginning to the art of doodling and a great opportunity to reinforce that prayer is talking to God even with our eyes open. The Prayer of Gratitude (Thank you for...) is also a place to begin. We bless our children when we teach them there is no wrong way to pray.

8 REASONS FOR PRAYING IN COLOR

1. You want to pray but words escape you.
2. Sitting still and staying focused in prayer are a challenge.
3. Your body wants to be part of your prayer.
4. You want to just hang out with God but don’t know how.
5. Listening to God feels like an impossible task.
6. Your mind wanders and your body complains.
7. You want a visual, concrete way to pray.
8. You need a new way to pray.

ON THE BACK

Flip over this page for doodling samples to get you started.

LEARN MORE

BOOKS FROM SYBIL MACBETH:

Praying in Color: Drawing a New Path to God
Praying in Color Kid’s Edition
Count Your Blessings in Color

COLORING TEMPLATES

<https://prayingincolor.com/resources>

CHURCH PRAYER RESOURCES

www.spdl.org/prayer

