

## Open Space – Pray and Color

The doodle on the facing page is an invitation to pray while drawing or writing. This has several advantages:

- Doodling can make our minds less antsy, fidgety, or distracted.
- It invites our bodies into prayer and helps quiet internal clamor.
- Doodling can allow time for words to form or stillness to come.
- It can become a form of listening
- You may discover that a single line or bit of color feels like a nonverbal prayer.
- It is fun!

Here's a suggestion of how you might use this: Put a name for God at the center- who is God trying to be for you today? (Lord, Rock, Shepherd, Christ, Everywhere God...)

In my example, I used one side of the drawing to name burdens, and the other side to name things that give me hope and gladness.

Colored pencils and markers are available in the side aisle if you want them. You do not have to show the finished product to anyone 😊

*Doodle and above ideas are from **Pray and Color** by Sybil MacBeth*



