

Be Still...

Praying with the Senses - Colours

Try drawing or colouring your prayers. You will need some paper and some coloured pens or crayons. You don't have to be good at drawing to do this exercise!

Choose one or more of the following:

- As you come to a time of prayer, choose one or more colours that match how you are feeling today. Put the colours on the page drawing shapes or symbols that seem to express your feelings, e.g. joyful swirls, angry scribbles, peaceful, flowing lines. Now choose a God colour and ask God to show you where and how he is in the picture. Let God's presence be expressed on the page too.
- Doodle or diagram your prayer. Let the things you are trying to sort out with God be expressed on paper. Perhaps you feel trapped by some situation. Draw yourself in the trap. Ask God for ideas about how to be free. Draw the possibilities.
- Sketch a picture of where you and God are in relation to each other. Are you close or far away? Is God facing you with open arms or is God way out ahead calling you to follow? Are you resting in God's embrace or hiding your face in your hands, afraid to look? Now ask God to show you the picture he sees. Draw the way God wants to relate to you in love. Pray for the grace to let God meet you that way.

