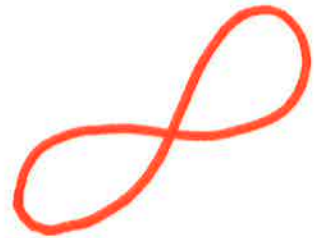


Praying in Color



Prayer is an important part of our faith journey. It is a way we connect and communicate with God. Sometimes it is hard though, as we can't come up with the right words, we lose focus or we just repeat prayers without feeling them. Communication doesn't always have to use words. Try out another way of praying using these simple ideas.



1. Prepare yourself by

- reading a verse from your Bible
- taking several deep breathes
- picking up a pen and simply starting



2. Use Shapes and Movements! (This isn't art class - Don't worry about perfection!)



- ## 3. Start with a Name for God such as Father Almighty or Loving God! Then add people or things you want to pray for or about.



Some examples of Praying in Color...



Sunday	Monday	Tuesday	wednesday	Thursday	Friday	Saturday
Aldersgate Church	Flowers	Wendy				

And what does the Lord require of you But to do justice and to love kindness and to walk humbly with your God Micah 6:8

There is no wrong or right way to pray. Praying in color is just one way that allows your mind, heart and body into the prayer. The point of prayer is to come closer to God as an individual and as a family.

Ideas adapted from Sybil MacBeth's book *Praying in Color - Kid's Edition*, which can be found in our church's library.