

***Here are some reasons to *Pray in Color*:**

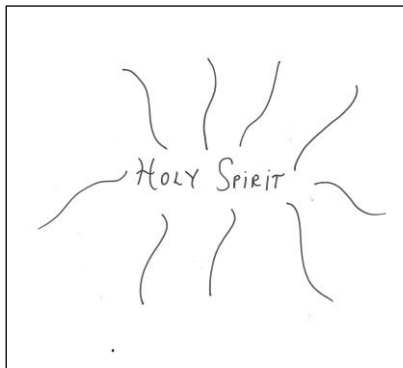
1) *You want to pray but words escape you.* 2) You have trouble sitting still and staying focused. 3) *Your body wants to be part of your prayer.* 4) **You want to just spend time with God but don't know how.** 5) *You want to be a listener in prayer but your mind wanders and your body complains.* 6) **You want a visual, concrete way to pray.** 7) You want a NEW way to pray.

***Here's what you need to get started:**

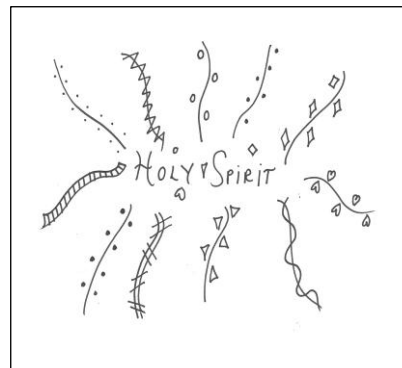
1) Paper 2) Pen 3) Colored markers or colored pencils or colored gel pens or just 1) and 2) 4) A table or clipboard or book to put your paper on.

***Here's how to get started:**

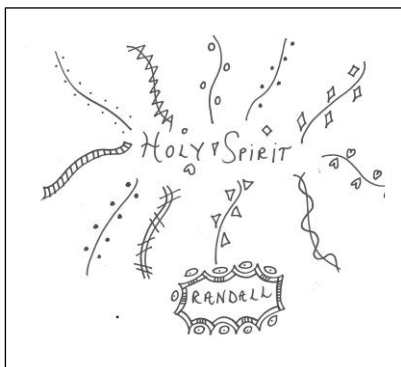
1) Write your name for God on a piece of paper. Draw a shape around it or just start to doodle. The drawing becomes a prayer space.



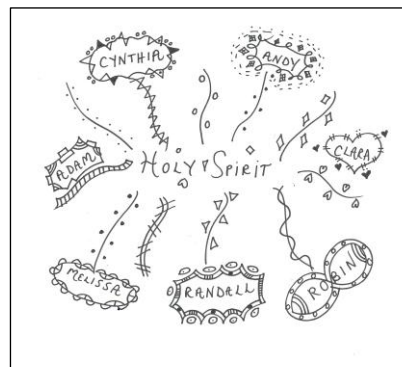
2) Continue to add marks and shapes. Focus on the name you chose. If words come, pray them; if not, enjoy the silence.



3) To pray for a person, write their name on the page. Draw around it. Add color, if you want. Keep drawing as you release the person into God's care.



4) Add other people to your drawing. Think of each stroke of your pen as a prayer for them. Take a breath or say "Amen" between each person.



***Here are some resources to learn other ways to *Pray in Color*.**

1) Books

Praying in Color: Drawing a New Path to God by Sybil MacBeth, Paraclete Press 2007

Praying in Color Kids' Edition by Sybil MacBeth, Paraclete Press, 2009

Praying in Black and White: A Hands-On Practice for Men by Sybil and Andy MacBeth, Paraclete Press, 2011

Praying in Color: Drawing a New Path to God: (Portable Edition) by Sybil MacBeth, Paraclete Press, 2013.

The Season of the Nativity: Confessions and Practices of An Advent, Christmas, and Epiphany Extremist, by Sybil MacBeth, Paraclete Press, 2014.

Pray and Color: A Coloring Book and Guide to Prayer by Sybil MacBeth, Paraclete Press, 2016.

2) Websites

prayingincolor.com Sybil's Website

<http://www.paracletepress.com/praying-in-color-drawing-a-new-path-to-god.html>
Paraclete Press Website---Books and Workshop DVDs available here

<http://www.facebook.com/groups/70867921040/> Praying in Color Facebook group—started by people who use *Praying in Color*

3) Blog

prayingincolor.com/blog/ Sybil's blog—*Praying in Color* ideas and theological musings