



TEACHING METHODS

Praying in Color

MATERIALS NEEDED FOR

IN-PERSON TEACHING:

- PAPER
- MARKERS, COLORED PENCILS, OR CRAYONS

MATERIALS NEEDED FOR

VIRTUAL TEACHING:

- ENCOURAGE PARTICIPANTS TO PROVIDE THEIR OWN PAPER OR PENS, OR
- WHITEBOARD FEATURE ON ZOOM

EMPOWERING LEARNING:

- EXCELLENT FOR VISUAL AND KINESTHETIC LEARNERS
- A GOOD OPENING PRAYER METHOD, PARTICULARLY FOR INTROVERTS

DESCRIPTION

Praying in Color is a form of active prayer that utilizes mediation and art by connecting the act of doodling to prayer, particularly intercessory prayer and scriptural study.

INSTRUCTIONS FOR IN-PERSON TEACHING

Begin by taking a few deep breaths, then draw a shape on their page. Write a name for God in the shape. Add detail and color to the image while praying.

When the image feels complete, move to another space on the page. Draw a new shape and repeat the above process, this time with the name of someone or something you're praying for in the shape. Repeat until the prayer time is finished.

INSTRUCTIONS FOR VIRTUAL TEACHING

Either encourage participants to have their own materials and lead as if in person or utilize Zoom's Whiteboard feature.

On Zoom, share screen with the Whiteboard feature. Make sure that the draw feature is turned on and that participants can utilize it.

Invite the group to use the draw function to create shapes, and the text function to enter the names of those being prayed for. Repeat until finished.

IDEAS FOR USING THIS METHOD

- With posterboard or newsprint, create a collective prayer in which individual praises, laments, or concerns become part of the whole
- Use as a tool with lectio divina