

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

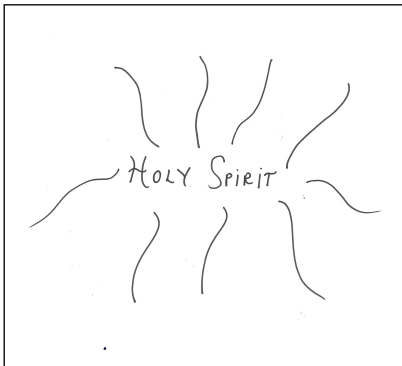
- 1) *You want to pray but words escape you.*
- 2) You have trouble sitting still and staying focused.
- 3) *Your body wants to be part of your prayer.*
- 4) **You want to just spend time with God but don't know how.**
- 5) *You want to be a listener in prayer but your mind wanders and your body complains.*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

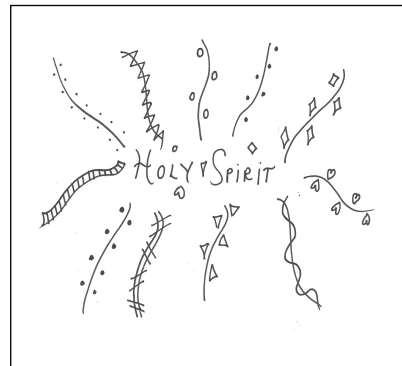
- 1) Paper
- 2) Pen
- 3) Colored markers or colored pencils or colored gel pens or just 1) and 2)
- 4) A table or clipboard or book to put your paper on.

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

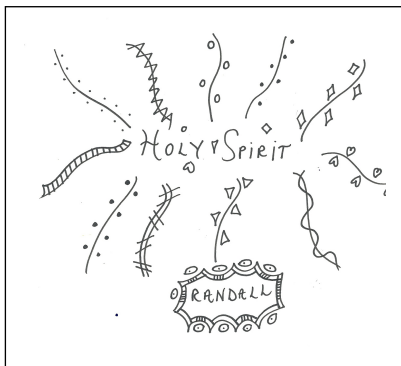
- 1) Write your name for God on a piece of paper. Draw a shape around it or just start to doodle. The drawing becomes a prayer space.



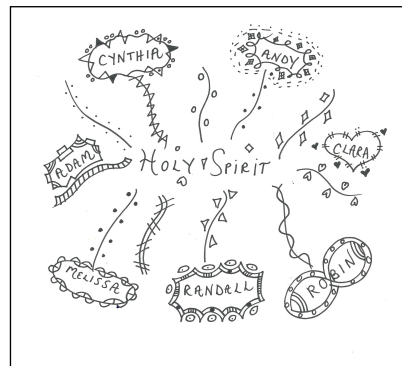
- 2) Continue to add marks and shapes. Focus on the name you chose. If words come, pray them; if not, enjoy the silence.



- 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

*Rezando en Colores* por Sybil MacBeth, Paraclete Press, 2011—*Praying in Color* in Spanish

*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](http://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/](http://prayingincolor.com/blog/) Sybil's blog—*Praying in Color* ideas and theological musings