

Doodle Prayers:

Need: Paper, Pencil, Colored Pencils, Markers, Crayons

This activity is to be done silently. Pray that God will guide you as you pray and create.

With a Pencil only...

Draw a shape on the page—a triangle, trapezoid, squiggly line, or imperfect circle. Leave the shape empty.

With a Pencil only...

Now, think about a person you should pray for. Draw another shape by the other and write that person's name in the shape. Add detail to the shape.

It may be dots, lines, circles, zigzags, or whatever your hand wants.

Continue to enhance the shape as you pray and think about the person and their needs.

Keep drawing until the image feels finished. **DO NOT USE WORDS...** yet.

Now, you may add color. Choose colors that will stay in your mind, that you like, or remind you of the person you are praying for.

When the drawing and praying for the person are complete, move to another person. Do the same activity for them, remembering to start with a pencil.

Add new people to the prayer list and drawing.

Create until you have included all the people you wish to mention today.

Now, go back to your original shape and write your name in the shape.

Repeat the drawing process for yourself with that shape.

Add words to any of the shapes; write them around or by.

Write any requests or thanks by the names as well.

Finish your doodle prayer.

End your time praying to God for all the blessing you have.

Variations:

You might pray for different places, different families.

You might pray for the things happening in the world.

You might pray for your future and your own challenges.

Close with a big Amen!

