

Colouring Pages – using them for prayer

Some of my favourite (free!) colouring pages to download and print:

<https://fromvictoryroad.com/category/scripture-doodles/>

<https://coloring.rocks/category/bible-coloring-pages/> (includes some Celtic knots)

<https://pages.doverpublishing.com/subscriptions/sampler/samplersignup> (subscribe for free sample pages)

Some Background:

Colouring has the ability to relax the fear center of your brain, the *amygdala*. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work. It can be a tool to prepare you for deep prayer.

Here's a suggested way to proceed:

Prepare yourself and a quiet place to colour, and gather materials.

Materials: colouring page, coloured pencils, or thin markers, or paint, brush etc. Soft, instrumental music may help with your focus.

As with any prayer exercise, it is important to begin with an intention – naming a concern for a person or situation such as healing an illness, courage for a difficult job, forgiveness, gratitude etc. Naming an intention for your prayer time helps to focus your mind, and makes this time a prayer rather than an aimless distraction. Say a Prayer of Intention or use the one printed here:

A Prayer while Colouring

Into your spacious heart and loving hands, dear God,

I place my fears, my "what if's, "my spinning world and mind..."

Comfort me with the truth no fear is too big for the

Great One, who is always with me. I am never alone. Calming God, bring courage.

Tender Spirit, breathe peace. Gentle Jesus, be close. Amen. (From www.illustratedministry.com/)

When you're ready, choose a picture that will be your focus during this prayer time and choose your colours. Colour slowly, deliberately. Make this a meditative time – no need to rush, you can finish colouring later. Just like a bird's nest is never quite finished, neither is our prayer!

While colouring, ponder:

- Look at the picture you've chosen to colour in this time of prayer. What characteristics does the subject of the picture possess? Do you possess any similar characteristics? For example, if there are flowers, how are you "*blooming*" in the place where God has "*planted*" you? Or, if there's a bird, are you "*endlessly singing before your Creator*?" If not, what might prevent you from doing so? What characteristics need cultivating?
- Scripture tells us God cares for the lilies of the field and for little sparrows – how do you experience God's care for you? What passage could caption the picture you're colouring?
- What needs nourishing in your life?
- Mindful of the Spirit's presence, what may God be saying to you through this prayerful activity?
- Offer a prayer of thanksgiving for the creative movement of the Spirit within you.

Creative Prayer: it's in you to use!

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Prayer Resources

from

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