

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

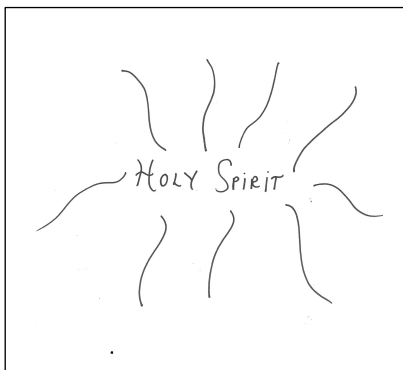
1) *You want to pray but words escape you.* 2) You have trouble sitting still and staying focused. 3) *Your body wants to be part of your prayer.* 4) **You want to just spend time with God but don't know how.** 5) *You want to be a listener in prayer but your mind wanders and your body complains.* **6)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

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

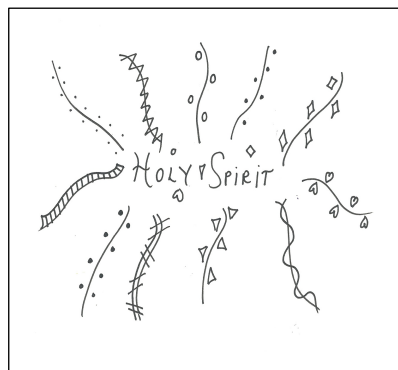
1) Paper 2) Pen 3) Colored markers or colored pencils or colored gel pens or just 1) and 2) 4) A table or clipboard or book to put your paper on.

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

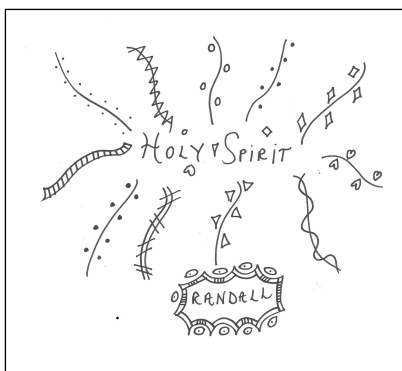
1) Write your name for God on a piece of paper. Draw a shape around it or just start to doodle. The drawing becomes a prayer space.



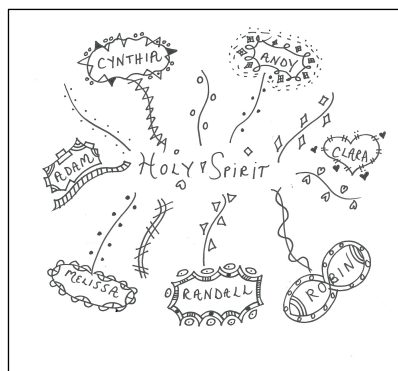
2) Continue to add marks and shapes. Focus on the name you chose. If words come, pray them; if not, enjoy the silence.



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.

*Praying in Color: Drawing a New Path to God, Enhanced and Expanded Edition* by Sybil MacBeth, Paraclete Press 2019.

## **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