

Colorful Prayers

Whether or not you like to doodle, this prayer will help you create a visual prayer about a person or issue in your prayer life.

Begin with a prayer for God to guide you in this prayer. Write a person's name or something you've been praying about, then doodle around it *while you pray*. Let yourself be free to doodle...don't criticize yourself or think you are not artistic.

Keep the art as a visual reminder. When you see it, it brings you back into prayer for that person or issue.