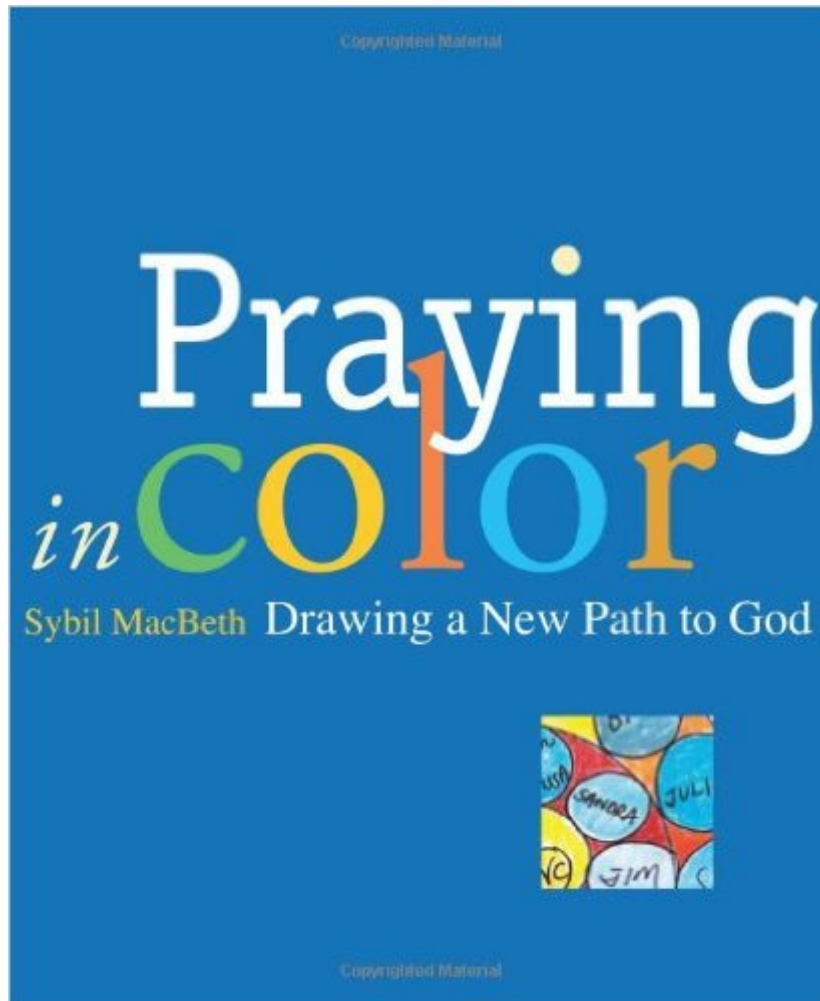


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Praying In Color: Drawing A New Path To God (Active Prayer)



Synopsis

Maybe you hunger to know God better. Maybe you love color. Maybe you are a visual or kinesthetic learner, a distractable or impatient soul, or a word-weary pray-er. Perhaps you struggle with a short attention span, a restless body, or a tendency to live in your head. This prayer form can take as little or as much time as you have or want to commit, from 15 minutes to a weekend retreat. "A new prayer form gives God an invitation and a new door to penetrate the locked cells of our hearts and minds," explains Sybil MacBeth. "For many of us, using only words to pray reduces God by the limits of our finite words." For more information, including author events, examples and contact information to request Sybil MacBeth to do a workshop, visit www.prayingincolor.com. Use *Praying in Color* to help with: lectio divina memorizing Scripture prayers for discernment creating a personal Advent or Lenten calendar

Book Information

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Customer Reviews

If you saw me at the coffee shop, scribbling away with my colored pencils, you might think I was doodling --- and pretty primitive doodling at that. But truth be told, I'm praying --- praying in color --- learning a new way to talk with God from Sybil MacBeth's unique first book. And it's not just for artists. The bright, primary colors of the jacket and the unique full-color interior design grabbed me from the start. MacBeth, a math professor, believes that for those of us who struggle during prayer with wandering minds, restless hearts and intrusive thoughts, drawing with colored pencils or markers while we pray will help us focus and remember our prayers. It also will bring joy back to

prayer. "When I draw as a way to enter prayer, I get to delight in my prayer and to feel God's delight that I am making an effort to pray," she writes. Prayer as joy? I was hooked. Praying in color is a simple concept, and it's easy to get started. I began with an ink pen, drawing a small shape on a page of copy paper (MacBeth also suggests a notepad, blank journal, or any sort of paper you feel comfortable with). My friend Rick had just had a heart attack, and he was the first person on my mind to pray for. So I drew a heart, then put his name in it. Simple. And memorable. Other ways to begin, MacBeth suggests, include writing one of the infinite names for the Almighty in a shape, a reminder that God is ever-present during your prayer time. Yet another option is writing your own name in a shape, if you are in a particularly difficult situation. Next, MacBeth says to add detail to the drawing, remembering that this is not about being a fine artist but rather about creating something visual to remember your prayer.

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