

## Drawing as prayer

*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Matthew 7:6-8*

**Invite God to be present** to you as you use the paper and pens/crayons – remember that God gave you your imagination, and this is another way of meeting with him.

(At first you may feel awkward doing this, but often people find that using their imagination opens them to new insights and ways of connecting with God).

**What do you most want from God?** You might like to draw a symbol of this.

- Where are you in relation to this image? (draw a symbol of yourself)
- Where is God?
- What is God doing / saying / inviting you to? (write/draw these insights)

Stay with this image for awhile, write or draw your feelings/thoughts/reactions, or what you think God is saying/doing.

When you have finished, choose a 'Christ'-colour - ie any colour that you feel could represent Christ for you. Draw this colour over the page to reminding you of the moments of grace and encounter with God within these different activities. Or you can draw a 'Christ-colour' over activities where you desire to more clearly know God's presence during them.

