

Praying in Color

When Words Won't Come

A gentle practice for the seasons
when prayer feels hard



Start Small. Start Slow. Start with just one Section.

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When Prayer Feels Like Too Much

A note from Marie before you begin.

Some seasons, words just stop.

Not because you've stopped believing. Not because you've given up. Just because you're tired in a way that's hard to explain to anyone who hasn't been there. The kind of tired where even the familiar words of a prayer you've prayed a thousand times feel hollow, or heavy, or simply gone.

I know that place. I've sat in it longer than I'd like to admit.

What I want you to know before you open a single page of this resource is this: what you're holding is not a formula. It's not a program. It's an invitation to show up to God exactly as you are, with a pen, pencil or marker in your hand and nothing else required.

Praying in Color is a practice that's been around awhile. It was developed by a woman named Sybil MacBeth who discovered that when her words ran out, her hands still knew how to pray. The idea is simple: you draw. You doodle. You write a name and surround it with color. And somehow, in the doing of it, something in you settles. Not because you've performed a spiritual discipline correctly. Just because you stayed.

You don't have to be an artist. You don't have to have the right markers. You don't have to sit for a long time or feel anything particular when you're done.

You just have to be willing to try one small thing.

That's why everything in here says *Start Small. Start Slow. Start with just one Section.* I mean that. The worksheets are not a curriculum to complete. They're a space to occupy. Pick the one that feels least scary. Bring whatever colors you have. Give yourself ten minutes and no expectations.

God has been known to meet people in smaller spaces than a piece of paper.

He'll meet you here too.

With you in the sacred in-between,
Marie



What is it?

Praying in Color is a way to pray with your hands when your mind is tired and your words just won't come. It turns a piece of paper into a sacred space where you can sit quietly with God. No performance required. No spiritual vocabulary needed. Just you, some color, and a little time.

What you need

A piece of paper. A pen. Some colored markers or pencils. If holding a pen is difficult, thick markers work beautifully. A digital tablet works too. Whatever you have is enough.

The four simple steps:

Step 1: *Enter the Presence.* Start with God. Write one of His names in the center of your page. Father. Healer. Spirit. Peace. Whatever name you need today. Draw a shape around it, any shape at all. You are not beginning alone.

Step 2: *Bring What Is Heavy.* Somewhere else on the page, write the name of a person or a situation you have been carrying. Draw a shape around it. You do not have to explain it. You do not have to know what to ask for. The name is the prayer.

Step 3: *Stay.* Begin adding color around the name. Lines, dots, swirls, whatever your hand wants to do. As your pen moves, you are holding that person before God. You do not have to say a word. You do not have to feel anything in particular. As long as your pen is moving, you are praying.

Step 4: *Let It Go.* When you feel ready, draw a line from that name back to the center of the page, back to God. That line is your act of trust. You are not dropping it. You are handing it over. When it feels finished, add one stroke of color as your Amen, and move to a new place on the page whenever you are ready.

“Art is not the goal. Time with God is.”

- You don't have to talk while you draw. Let the colors be your conversation.
- Pick one color or pattern that means “Amen” to you. Use it to finish each section when you're ready to release it.
- There is no wrong way to do this.



Praying in Color: God Sightings

Praying in Color When Words Won't Come

A gentle place to begin

Before you pray forward, sometimes it helps to look back.

Think about the last few months of your life. Not the highlight reel. The real months. The ordinary ones, the hard ones, the ones where you weren't sure He was there.

Now ask yourself one quiet question: *Where did I catch a glimpse of God?*

It doesn't have to be dramatic. A moment of unexpected peace. Someone who showed up when you needed them. A morning that felt like mercy. A verse that landed differently than it ever had before. Even the fact that you're still here, still trying, still holding a marker.

Those are God Sightings.

To use the next page: There is no system here. Write or draw each sighting wherever it wants to land. Give it a color that feels right to you, even if you cannot explain why. It does not have to mean anything to anyone else.

When you're done, draw a line from each one back toward the center of the page. Notice what the page looks like when all those moments are connected.

That is a map of a life that has not been abandoned.

"Where have you seen Him lately? Even a little?"

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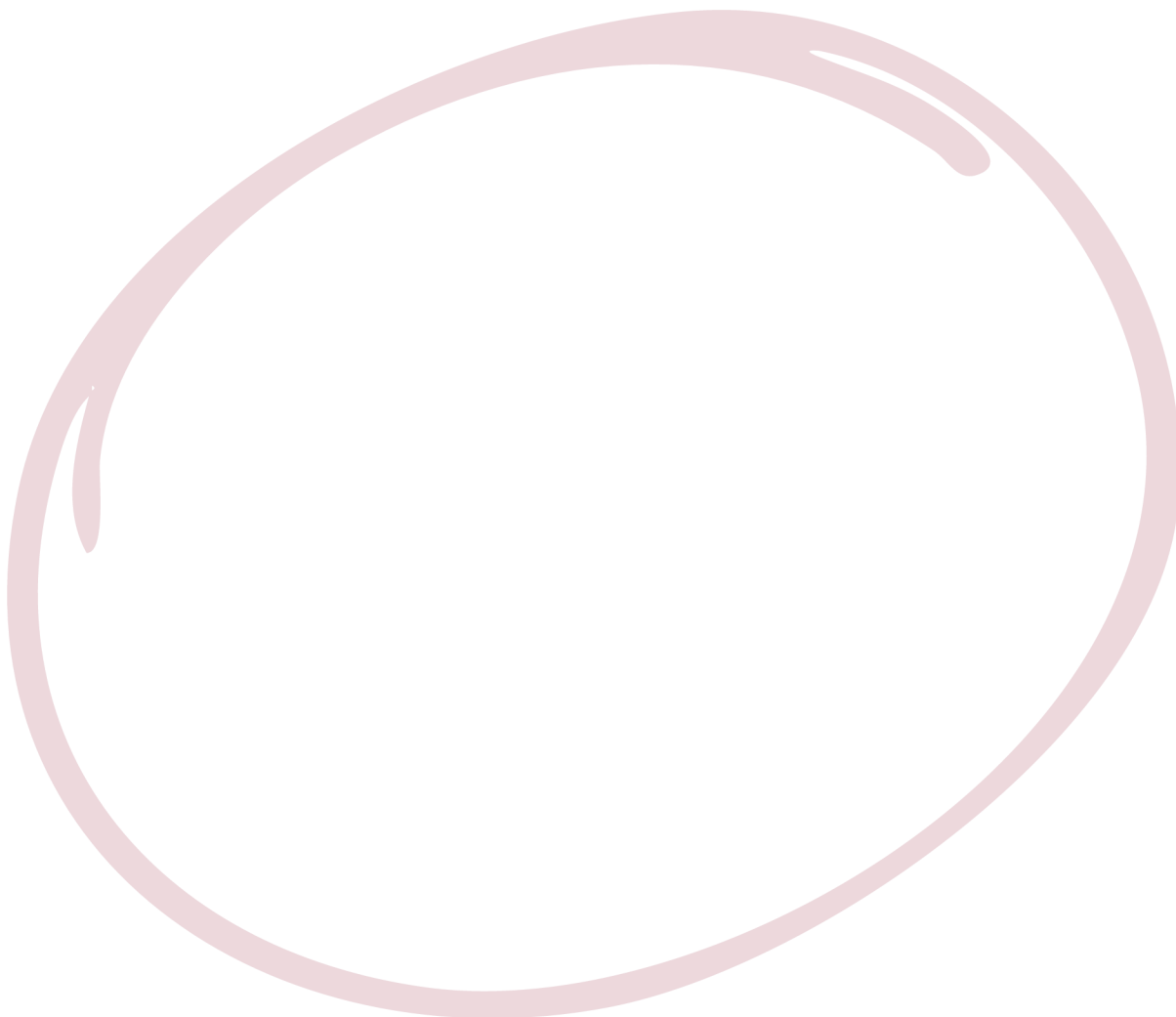
Where have you seen Him lately? Even a little?



Start here. Just one name.

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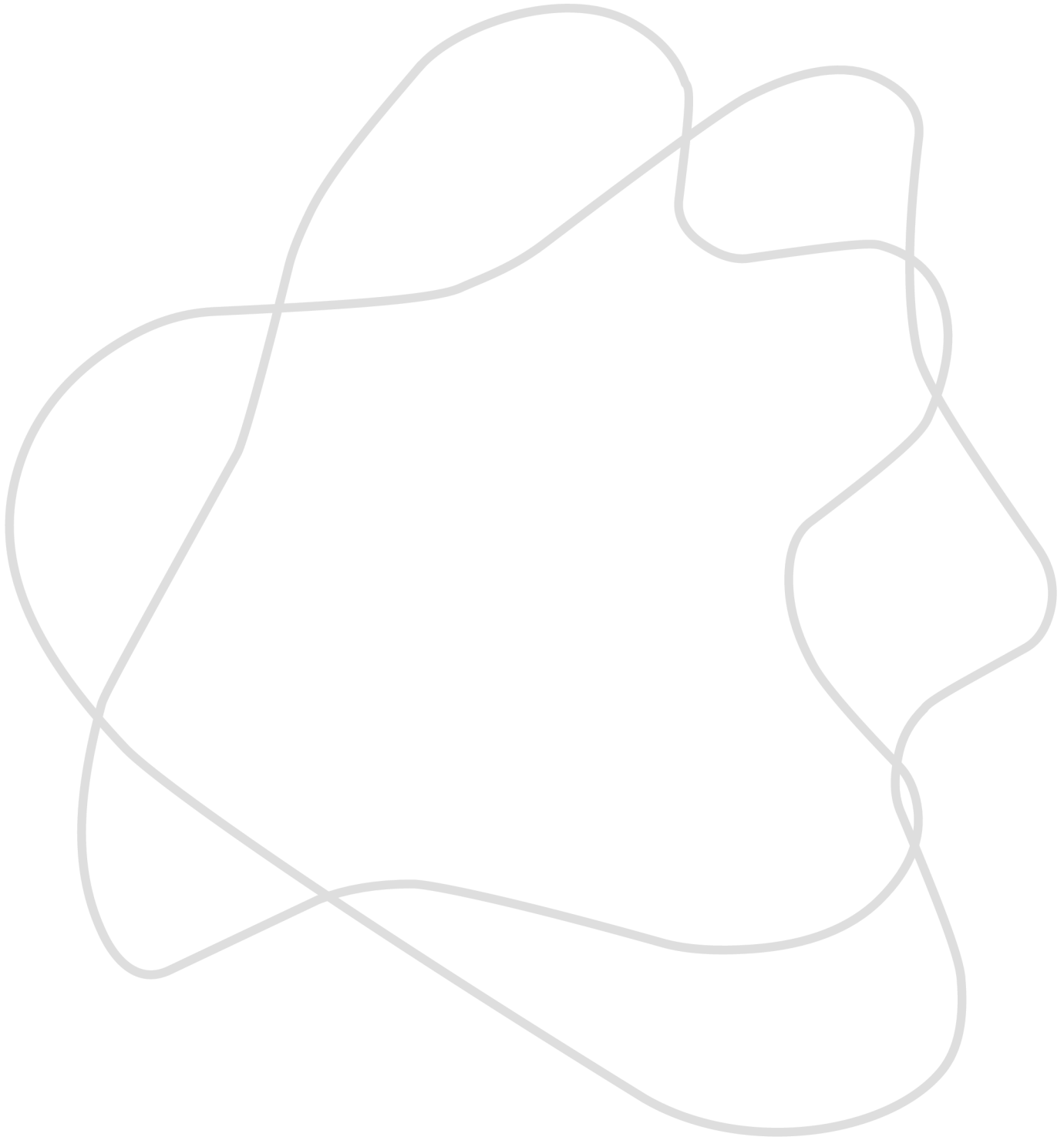


As long as your pen is moving, you are praying.



Let your pen wander. This is still prayer.

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There is no wrong way to stay.



Who are you carrying today? Leave them here.

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You don't have to carry this alone.



Color this slowly. No rush."

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He knows what's in here already. You're just sitting with Him.



This space is entirely yours.

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You brought yourself, here, today. That was always the whole point.



You showed up.

That matters more than you know.

If this practice felt awkward or strange, that's all right. Most worthwhile things do at first. Come back to it when you're ready. There's no timeline here.

If something shifted, even a little, I'd love to hear about it. You can find me at mizmariecreations.com or reach out directly.

This work is better when we do it together.

And if you found yourself wanting to go a little deeper, there's a second resource waiting for you: *Praying in Color: Going Deeper*. It's for when you've tried this and you're ready for more.

Until then, keep the pencil, pen, markers close.

Seen. Known. Held. (And Loved.)

Marie

