



Visual Prayer Starters

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Remember that visual prayer is just a method of praying that involves the creative side of yourself. There is no right or wrong way to do visual prayer.

You can use different styles of handwriting or different colors. You can pray as you draw, illustrate, write, or craft. The options are only as limited as your imagination.

This is not about your artistic ability. It is about connecting to God. Like any other prayer, visual prayer is between the two of you. There is no pressure to make something beautiful for others to see because no one else will see it (unless you choose to share). There is no pressure to get it right because there is no right way.

This is just a collection of ideas to help you get started. Please do not be limited by them. Spend your time focused on God and allow Him to guide your time of prayer.

A special thanks to Bev for creating the images included here. She did so using free graphics from the internet so we want to thank those who initially created the artwork and offered them for free use.

We hope these suggestions help you to discover another way to spend time with God.

If you have accepted Jesus as your Savior, you are a new (or renewed) creature. Concentrate on that truth. Thank God for all that means. As you do color the butterfly—a creature that looks completely different than it did in the early stages of development. If you are feeling particularly creative, continue to pray as you fill the page with butterflies or other images that make you think of becoming a new creation.

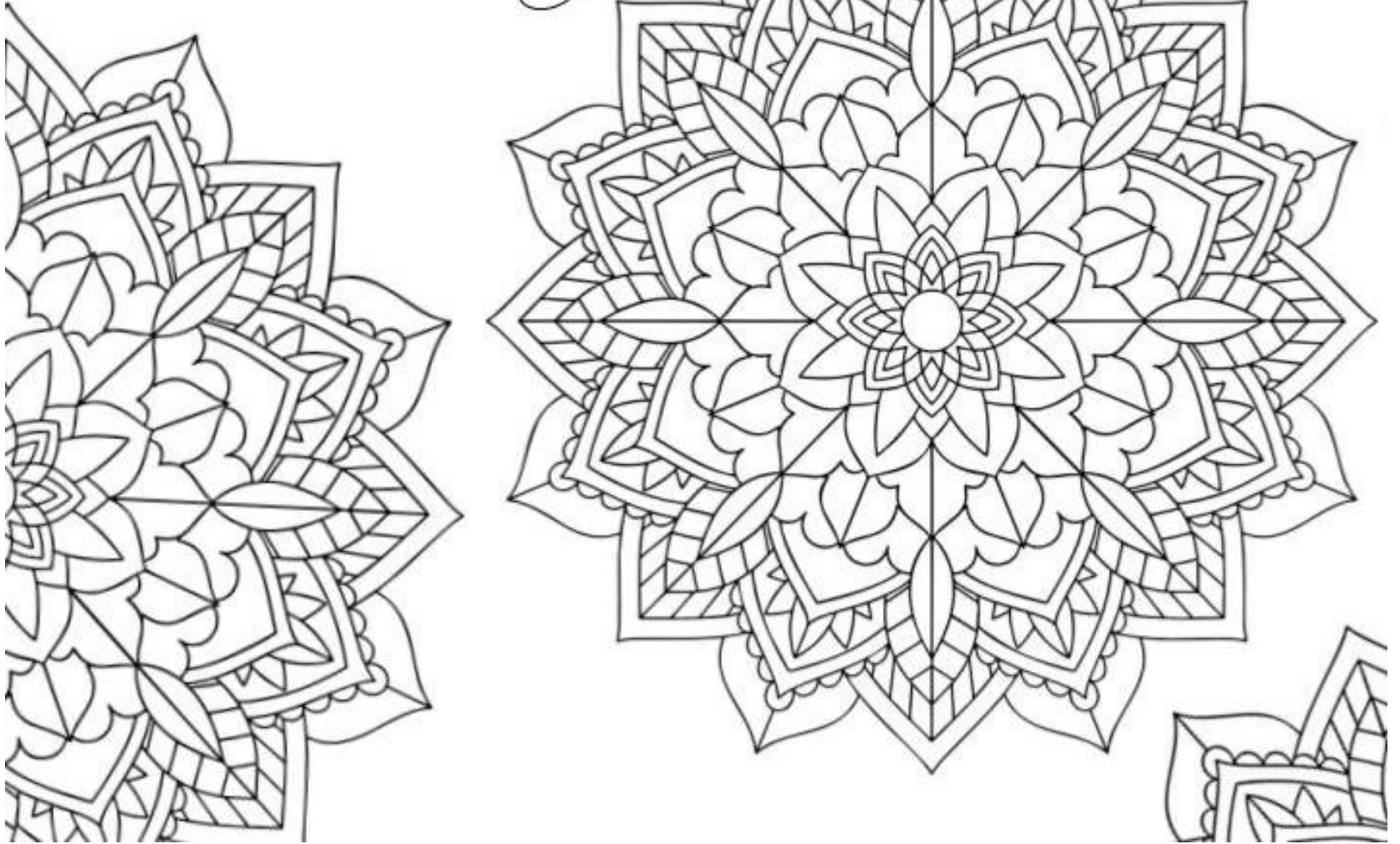


Read Psalm 100.

Illustrate this psalm or create something else while concentrating on praising God. If you don't know where to start, just begin doodling. Draw and write anything that comes to mind as you think about this psalm and how we should be worshipping God.

Spend time thanking God for all your blessings, for everything from the air you breath to salvation. Try thanking Him for something different every time you change colors or with each area to be colored. Don't hesitate to draw more if you finish this drawing but haven't finished praying!

Blessings



Fill this page by writing 1 Corinthians 13:4-8a. Do more than just copy it. Put special emphasis on the key words in the passage. You could change writing style or color. You could draw a picture in it's place. The details are up to you. Just spend the time thinking about what God's love looks like and how you are to respond to it.

Draw something in each heart that represents someone you love (or write their name). Pray for each one as you color this page.



Read James 5:1-8.
Create a visual prayer using the theme of wisdom.

Take time here to review your current situation with God. Then turn it over to Him and accept the peace He offers. Add to this page, as you feel led.



Write your favorite Bible verse here. How can you turn it into a prayer, specifically a visual prayer?

Color this picture as you think about what you want to pray for today. Then write your prayer in a circle around this picture.



Other Ideas

Using scrapbooking paper, create a prayer on an emotion you are feeling.

Using watercolors paint a nature scene as you thank God for His creation.

Draw a picture of your favorite meal or outfit and thank God for His physical blessings.

Using bright markers write the names of your enemies. Surround each name with a written prayer.

If you like to sew, create a quilt and pray for something positive with each piece of fabric you add.

If you like to cook, prepare a meal for a shut in and pray while you are doing it. Bonus: Create a visual prayer as you pray for them.

Buy a coloring book. Use each page as a time to focus on a particular prayer need. Within the page weave a prayer or verse that applies.

Use your God-given imagination
and keep praying!