

Sunita Auger



**Guide to
Creative
Prayer**

www.creativeprayer.co.uk

What is Creative Prayer?

Creative Prayer sessions are an opportunity to take time out of the busyness of life, slow down and spend some quiet and reflective time with God. Unless we intentionally put time aside to do this, it often doesn't happen! The process of engaging with art/craft materials can put you into a focussed, flow state that can help you to hear God. For some people, it can feel similar to a childlike state where the art allows an expression of emotions. There is no right or wrong way of doing things and each person's experience is unique and valid.

Do I need to be good at art?

No! You absolutely don't need to be 'good at art'. Art that is about skills or techniques is often for showing to an audience. Creative Prayer is about a conversation between you and God. It's about the process not the product; about the engagement and the meaning not the skill of a finished result. Even though a wide range of materials will be provided, engaging with art materials isn't even necessary. You might bring your journal and bible or sit in silent prayer. If you haven't been to a creative prayer session there are some ideas of how to start on the next page,

Ideas for using the session

Collage

This is an easy way to start as you really only need to be able to cut and stick. In a quiet frame of mind, choose pictures from magazines that you are drawn to in an emotional and intuitive way. You may not understand why you are drawn to a particular image but just go with it. You may also be drawn to words or phrases. Arrange your images and words in a loose spontaneous way on a large piece of paper and stick down. Spend some time in reflection on the finished collage.

Abstract Painting

You could use watercolours, pastels (chalk or oil), felt tip pens or crayons. Let your mind be still as you make marks. Don't judge what appears. Choose your colours spontaneously and make marks as you feel like doing. Pastels can be smudged in with fingers to create expressive marks. Let go of perfectionism and any inner critic voice. Of course, your painting can be figurative not abstract. Spend some time in reflection on how you felt as you did this and on the image that you have created.

Clay

Some of us haven't played with clay since we were children. Allow yourself to feel the sensation of the clay and mold it into whatever shape you want. You can let your creation air dry or fold it up and start again. There's no right or wrong.

Fabric

Paint on fabric and or letter on fabric with felt tip pens or calligraphy markers. There will be some examples to inspire and guide you.

Bible Journalling

For a helpful article on bible journalling click [here](#)

You don't have to paint straight into a bible. There will be paper, pens, paints, stickers and colouring sheets for you to use.

Using words

Some people are drawn to words more than images. A stack of words will be available for you to select from. You can decorate your chosen word with colourful doodles while reflecting on it's meaning or you could stick the word on a large piece of paper and stick images from magazines around it. You could use markers and pens to write you own words.



Intercessory Prayer - Praying in Colour

Praying in Colour is a book by Sybil MacBeth.

Here is an article on the steps outlined by Sybil MacBeth. Click [here](#) for the article.

Here is a second useful resource on [Ways to Pray in Colour](#)

You'll need only paper and felt tip pens for this approach.

There are many other ways to engage with Creative Prayer. Do what feels right to you.



Calligraphy by [gloryletteringstudio](#)

Our sessions are free of charge but we will accept donations towards the cost of materials, refreshments, heating and lighting in the church.

We pray that the session will be a blessing to you.

