

Coloring Prayer Postcards

Connect with God and others through the physical act of coloring and spiritual act of prayer.

Have you ever felt yourself knowing you need to pray for someone, but you can't seem to find the words? If you enjoy coloring or find yourself "doodling" this may be the prayer practice for you! This is also a meaningful activity to do with Sunday School Kids, Youth Groups and in Adult Bible Studies! To get ready, print any of the downloadable pdfs on cardstock (2-sided) and gather some colored pencils or crayons.

As you begin this prayer practice, choose a name of God from the list below. With each stroke of color, repeat the name silently and think of it simply as a call to God.

Almighty, Alpha, Amen,
Anointed One, Author of Life, Beginning, Bishop of Souls, Branch, Bread of Life, Chosen One, Christ, Comforter, Cornerstone, Creator, Dayspring, Day Star, Deliverer, Emmanuel, End, Everlasting Father, Foundation, Fountain, Great Shepherd, Great Physician, Guide, Holy Spirit, Horn of Salvation, I Am, Jehovah, Jesus, King of Israel, King of Kings, Lamb of God, Light of the World, Lord of Lords, Majesty, Master, Mediator, Messiah, Omega, Prince of Peace, Purifier, Redeemer, Refuge, Rock, Savior, Servant, Shepherd of Our Souls, Teacher, Vine, Wonderful Counselor, Yahweh

Next choose a name(s) of family, friends or others. As you fill in spaces with color, offer the name(s) silently to God. Repeat as often as you like. If more words of prayer come to you, pray them in silence. If not, enjoy the quiet time with God.

There are many other ways to "Pray in Color." Use your imagination and create your own designs – make coloring pages, big cards, mini cards, bookmarks, etc! Another helpful resource for ideas is the website, Praying.in.Color. Or prefer coloring digitally? Use an app such as Freeform.

As you pray and color remember this...

"God is the best listener. You don't need to shout nor cry out loud because He hears even the silent prayer of a sincere heart!"

– Author unknown