



Praying with our creativity

Our Artwork

Praying with our creativity, our own process of creating art, can show us how we really feel. We meet the quiet depths of ourselves. It can reveal the gaps in our story, the 'untoldness' of it and what we have been unable to express.

Preparation

Allow yourself to be drawn into this experience with a trusting heart. Choose your art materials and go to the place where you will pray. Allow yourself to settle.

Imagine your whole self arriving.

Offer the whole of yourself, all of this time, to God's service and praise.

What are you most aware of at this moment? Which feeling, which thought, which experience is most with you?

Today, allow the colours, the lines, the shapes, the dark and the light of your prayer to come to your awareness. Let them arise in your imagination.

Allow yourself to stay in a receptive attitude and let God visit you.

Let your whole self speak with God, through the art materials.

Getting Going

The process is the important thing. Make up your mind to let go of the end product! It doesn't need to be perfect.

Let your hand draw/shape what it wants. Watch what takes place. Let your hand movements be the way they want to be – quick or slow, jerky or flowing.

Accepting your Artwork

When you are ready, put down your art materials and let go of your image-making activity. Be present in your artwork. Accept your work without analysing or judging it. What do you notice? Where does your eye rest?

Speak to God about what you have noticed in this time of prayer.

Gently withdraw from the image. Take some time to reflect on your time of prayer.