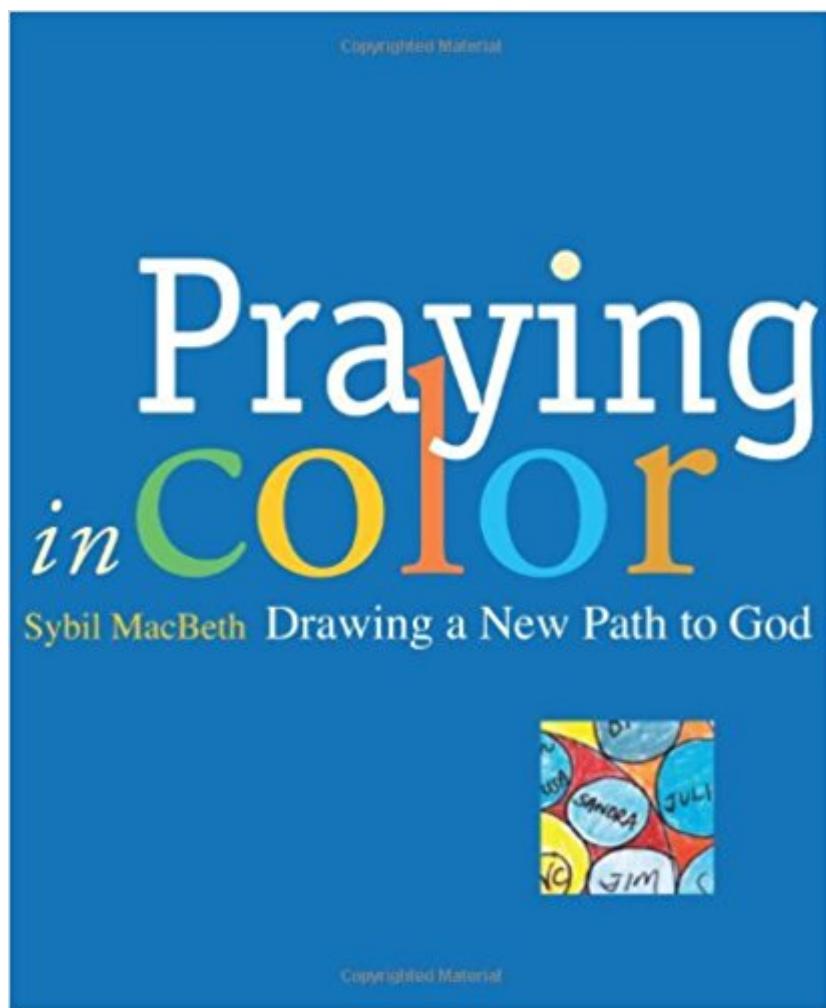


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# Praying In Color: Drawing A New Path To God (Active Prayer)



## Synopsis

Maybe you hunger to know God better. Maybe you love color. Maybe you are a visual or kinesthetic learner, a distractable or impatient soul, or a word-weary pray-er. Perhaps you struggle with a short attention span, a restless body, or a tendency to live in your head. This prayer form can take as little or as much time as you have or want to commit, from 15 minutes to a weekend retreat."A new prayer form gives God an invitation and a new door to penetrate the locked cells of our hearts and minds," explains Sybil MacBeth. "For many of us, using only words to pray reduces God by the limits of our finite words." For more information, including author events, examples and contact information to request Sybil MacBeth to do a workshop, visit [www.prayingincolor.com](http://www.prayingincolor.com). Use Praying in Color to help with: lectio divina memorizing Scripture prayers for discernment creating a personal Advent or Lenten calendar

## Book Information

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## Customer Reviews

"Just as Julia Cameron, in *The Artist's Way*, showed the hardened Harvard businessman he had a creative artist lurking within, MacBeth makes it astonishingly clear that anyone with a box of colors and some paper can have a conversation with God. Frustrated by a laundry list of what she calls "prayer dilemmas," and the unfortunate situations of more than half a dozen friends and family members on her "critical prayer list," MacBeth, a math professor by trade, spent an afternoon doodling before she realized she'd in fact spent the afternoon in prayer. As she takes particular

care to emphasize, this method most effective for intercessory prayer, but adaptable for other approaches requires absolutely no skill, merely a desire to connect with God. (Readers should therefore ignore any lingering self-doubt planted by a first grade art teacher.) Amid gentle personal anecdotes, MacBeth illustrates each step of the process, providing not just instruction but inspiration by sharing her own prayer pages as well as those of her students. She even includes a chapter on using one's computer for the process. Readers of all ages, experience and religions will find this a fresh, invigorating and even exhilarating way to spend time with themselves and their Creator." *•Publisher's Weekly* Starred Review 2007 "Dancer and mathematics instructor MacBeth's charming book may be the first to combine the pleasures of doodling with a discussion of, among other things, *lectio divina*. Here, she shows how simple drawings—often hardly more than circles and lines with names or ideas or places sketched in and enlivened with color—can focus the praying heart, making prayer something better than a shopping list or a chore and helping the praying believer to carry the wishes and thoughts of the prayer through the day. MacBeth's book is not for unbelievers or those who do not pray; it is directed to those suffering something more like spiritual attention deficit disorder. Still, it is one of the most appealing books on prayer to appear in the last five years. Highly recommended." *•Library Journal* May 1, 2007 "Sybil MacBeth, a mathematics instructor by profession, and dancer by avocation, has written, and doodled, a daring devotional. *Praying In Color: Drawing a New Path to God*\*\*\*\* chronicles her experiments in intercession and challenges readers to take pens and paper in hand and, well, intercede. Although the daughter and granddaughter of artists, MacBeth was convinced by her own ugly artwork that something "had gone awry in the tossing of the genetic salad." Her point: The absence of skill presents no barrier to an individual's discoveries linking doodling and prayer. That's because prayer involves trust and being real before God. MacBeth's doodling discoveries came from a crisis. About three years ago, a litany of cancers—lung, brain, breast—struck among family, friends, and colleagues. The suffering within her circle was overwhelming. Worry became her starting point—but not her stopping point. Even now, she writes, "worry invites me to prayer." As a teacher facing a summer off, MacBeth had no papers to grade but instead possessed what she calls a "critical prayer list." Going to the back porch, she doodled a random shape and wrote a name in its center. "The name belonged to one of the people on my prayer list. I stayed with the same shape and the name, adding detail and color to the drawing. Each dot, each line, and each stroke of color became another moment of time spent with the person in the center." When she sensed the time was right, she moved to another part of the page and drew another shape and put another name in its middle. She embellished it with lines,

dots, colors. She continued drawing new shapes and names until her friends and family formed a colorful community of designs. "To my surprise," she writes, "I had not just doodled—•I had prayed." MacBeth has been leading workshops in the U.S. about praying in color for two years. Her book contains balloons, labyrinths, vegetables, clovers, triangles, kites, quilts, calendars with prayer requests and names, and purposefully shaped squiggles. She recommends 15 to 30 minutes for the process, half spent in drawing and the other half in carrying the visual memories or actual images throughout the day. Instead of being a prayer warrior, she calls herself "a prayer popper," one who prays in fits and spurts with "half-formed pleas and intercessions, and bursts of gratitude and rage." MacBeth is transparent, accessible, and human. She exercises what she calls spiritual imagination as she works on, in, and through prayer. She trusts herself enough to experiment, mess up, and try again in prayer. She trusts God enough to guide her as she falters, succeeds, and grows stronger. Her book emboldens others to trust their instincts, too." •Robin Gallaher Branch, professor of biblical studies, Crichton College Christianity Today January 28, 2008

"Maybe you hunger to know God better. Maybe you love color. Maybe you are a visual or kinesthetic learner, a distractable or impatient soul, or a word-weary pray-er. Perhaps you struggle with a short attention span, a restless body, or a tendency to live in your head. This new prayer form can take as little or as much time as you have or want to commit, from 15 minutes to a weekend retreat. ""A new prayer form gives God an invitation and a new door to penetrate the locked cells of our hearts and minds,"" explains Sybil MacBeth. ""For many of us, using only words to pray reduces God by the limits of our finite words. ""For more information, including author events, examples and contact information to request Sybil MacBeth to do a workshop, visit [www.prayingincolor.com](http://www.prayingincolor.com). Use Praying in Color to help with: -lectio divina -- reading the bible for spiritual growth -memorizing Scripture -prayers for discernment -creating a personal Advent or Lenten calendar -praying for enemies Praying in Color is ideal for: -Intergenerational Education Classes -Women's Meetings -Praying Workshops -Vacation Bible School and Summer Camp -Staff Retreats on Prayer -Summer Sunday School Classes -Wednesday Night Church-wide Programs -Senior Citizens Activity -Youth Confirmation Retreats -Men's Prayer Groups -Prayer Therapy During Convalescence -Kindergarten and Children's Prayer Training -Homeschooling, grades K-12 -Prison Ministry -Ministry to the hearing impaired -Ministry to the disabled ""This is the most invigorating and enabling book about prayer that I have seen in years! Wry, funny, accessible, wise beyond all appearances, and deeply spiritual, MacBeth warms the soul as well as the heart. So will praying in color." - Phyllis Tickle, compiler, *The Divine Hours*"

I really appreciate that this book helps the reader explore creativity in prayer. The book's subtitle is "Drawing a New Path to God" and in many ways it can help create that. I have been struggling with prayer and had been eyeing this book for several months before I bought it. The idea of using colors and drawings in place of words was very appealing to me. For the most part, this book helps the reader find new ways to pray for the long list of people that has been accumulated, and for whom the reader is either uncertain how to pray or doesn't know what to pray anymore. If you need a new way to pray for your list, then this book might be for you. The author very briefly describes ways to use color and drawing for other things as well -- "Some days we just want to dump all our complaints, whining, grumpiness, and misery on God" (67). There is also a very brief mention of ways to use this creative process for thanksgiving, forgiveness, laying out your spiritual journey, celebrating mentors, a personal mission statement, names of God, Christian words (like salvation, sacrifice). The author also shows ways to memorize and explore Scripture, to remember an event, and to practice discernment through this creative practice. About half-way through the book, however, I began to wonder about the definition of prayer. It was only towards the end of the book that I read even a glimpse about hearing from God - mainly through the practice of lectio divina. Perhaps I missed it somewhere in the book. And perhaps my expectations were off, but when I picked up this book I was hoping for new and creative ways to hear from God, not go through my long list of requests. I will definitely utilize the general creative ideas that the author puts forth in the book, just not for the laundry list.

A whole new world has opened up for me. This form of praying is so perfect for me. I doodle. I pray. I love colors and I most certainly love God. I spend time speaking with God as my pen moves around the sketch paper. Thank you. Sybil MacBeth.

I bought this book because it sounded fun, and it is! You don't have to be an art major, or a prayer warrior to do this! If you are looking for a way to express your prayers in a visual way, this is it! The first time I tried it, I was so immersed that time just flew by! When I finished I realized it was dark and I had been at it for hours! Plus you have something visual to remind you of what you are praying about. My pictures never end up the way I think they are going to, and that part is the most awesome thing! When God is in it, everything turns out beautiful and oftentimes in the most unexpected ways!

For me this book helped me finding a new way to pray when I felt like my passion for prayer had been wanting. As an individual that was diagnosed with ADD, I totally identified with the my highly distracted and day-dreamer type person. So hard to stay focused or not drift off to sleep. The use of scripture and so many different ways to apply this, opened my mind to so many possibilities with prayer that I had never considered. The descriptions and illustrations are exceptionally helpful. I definitely was picking up everything that Sister Sybil is throwing down in this exceptional book on prayer in color. Submitted by Olive Berg.

I'm sure this book would be great for some people. The one thing that it has been valuable for me .... it has given me inspiration in regard to a new way of journaling, and other long hand types of studying that I do. Not really doing the recommendations in the book, but it was worth the money to spur the imagination.

At first I was disappointed because I thought there would be useable sample pages included to color and learn. This is not the case. However its simplicity is refreshing and ideas and instruction is exactly what I needed. I highly recommend this book, just dont expect pictures to color to be included in it. There are diagrams that are helpful throughout. If your a hard to sit still person, this is awesome.

This book was a fun way to jump start my prayer life using felt tip markers (sharpies)She shared lots of ideas and styles that I enjoyed using for my own journaling....it's fun to see what I did with her suggestions, and they do give me vivid remembrances, which she said would happen! So fun, and I took my time with it....great way to doodle, and feel refreshed .

I love this so much. I struggle to focus when I pray, and having something to do with my hands and focus my attention without also having to come up with a bunch of words (like I do with journaling) makes praying a much more helpful and fruitful experience. Every time while I was reading that I thought of another way I could use this, I discovered she wrote a chapter on it. So many approaches! And for maybe the first time in my life, I look forward to praying, and it feels less like a difficult but necessary discipline and more like a joy. I'm a pastor and I've been using this to pray for one of my church member families each day, and then I give it to them after, and it's been very cool to see their reaction. We are doing this as a part of our upcoming Lenten series on different ways to pray, and I'm so excited to see how people respond to it.

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