

Praying in Color. I first read about this in a book (**Praying in Color** by Sybil MacBeth.) The author said to sit down with markers, crayons, paints or colored pencils and hold someone in mind that you'd like to pray for. Without thought, write their name on a paper. Begin doodling around their name as you think of them. Continue until it feels complete. You can also do this for a group of people and connect the doodles.

