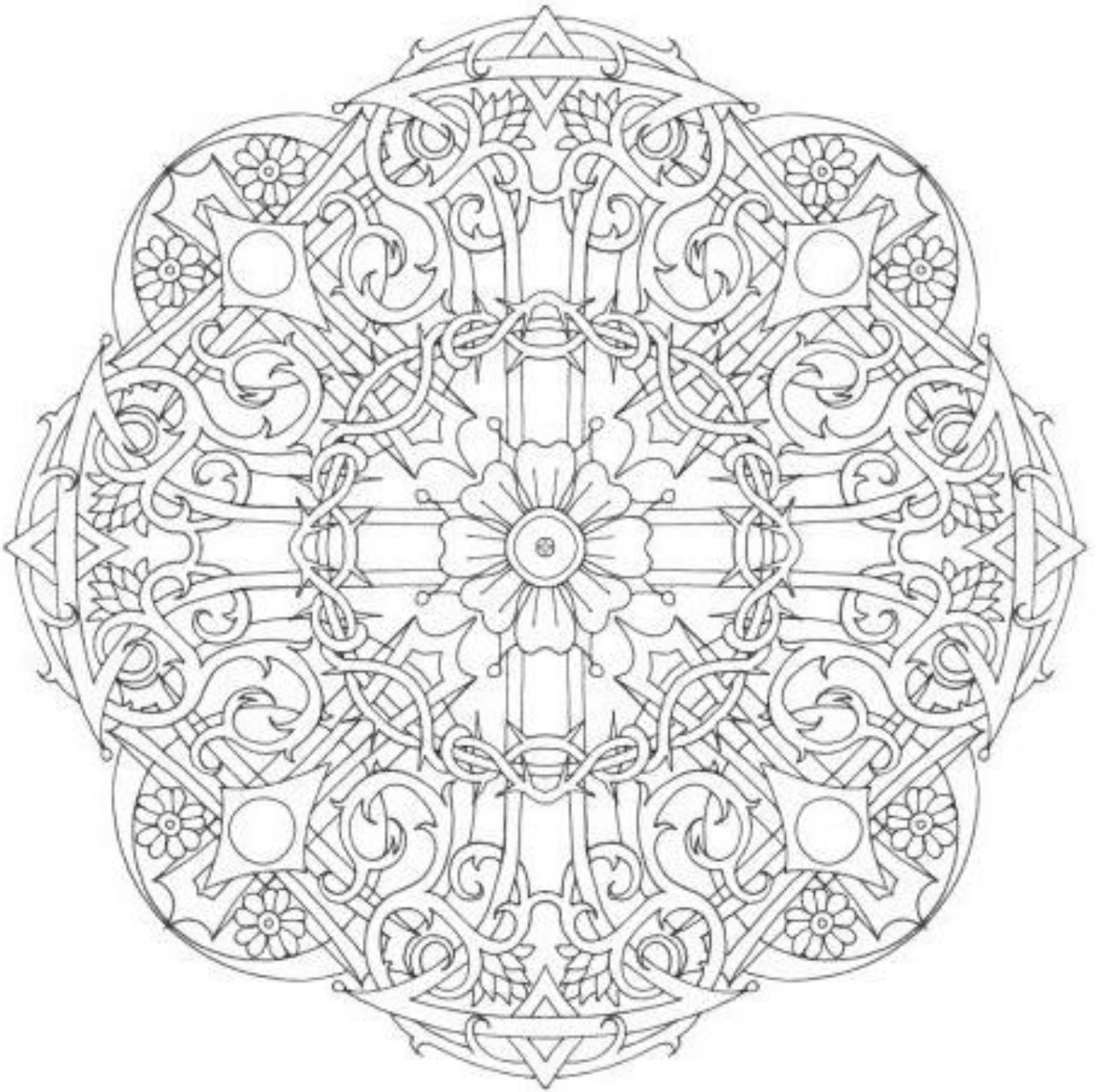


## ***Colouring as Spiritual Practice***



Start by offering this time to God.

Select the colours you would like to use.

Choose one of the following ways to use your colouring in as a spiritual practice:

- Listen to a bible reading as you colour.
- Pray a repeated prayer such as the Lord's Prayer, the Jesus prayer or sing an encircling prayer.
- Listen to devotional music.
- Assign a person or situation to each colour or section/shape. As you colour use this time for intercessory prayer.