

Week One: Seeing

Key verses: Psalm 25:4-5



Supplies

Option 1 for Praying in Color: blank pieces of paper, colored pencils or crayons

Option 2 for a walk: none



Read

“Make your ways known to me, Lord; teach me your paths. Lead me in your truth—teach it to me—because you are the God who saves me. I put my hope in you all day long.” Psalm 25:4-5



Respond

Option 1:

Using instructions from Sybil MacBeth’s Praying in Color website

(<https://prayingincolor.com/>) spend some time in silence drawing free-form shapes and pathways and writing people’s names for prayer inside them.

Option 2:

Take a walk outside and record all that you see. What paths can you follow on your walk? Can you take turns as the leader of the walk? What do you see that makes you think of God? For added insight of being in nature, read together “Silence,” a lovely children’s book by Jerome Berryman available at churchpublishing.org/silence



Pray

God of all times and all places. God of sight, taste, sound, touch, smell, and service. Grant us your grace in this season of Lent as we ready our hearts and bodies to remember Christ’s sacrifice and anticipate the celebration of Christ’s resurrection. Provide us with better understanding of new life and unity. Bring us into deeper relationships and greater community, springing from the joy and hope that comes from an intentional walk with Christ. Amen.