



WE ARE
THE
BODY
OF
CHRIST

Doodle Prayers

Sometimes when we pray it's hard to stay mindful. For many people, having something tactile to interact with opens the way of prayer.

Doodle prayers are a way to draw or color that give our hands something to do while we pray. There are many ways to use this doodle prayer:

1. You could use the sheet alone for a quiet meditative experience, focusing on a word or the phrase "We are the Body of Christ."
2. You could color the sheet with others around the table, and while you color share highs and lows from the day.
3. One person could color the sheet while the other person watches, noticing how each one creates beauty.
4. Or...something else!

Being together doing creative work is one of the ways that we can stay connected while we practice social distancing. Think about uploading your finished doodle prayers on the Facebook sharing page.