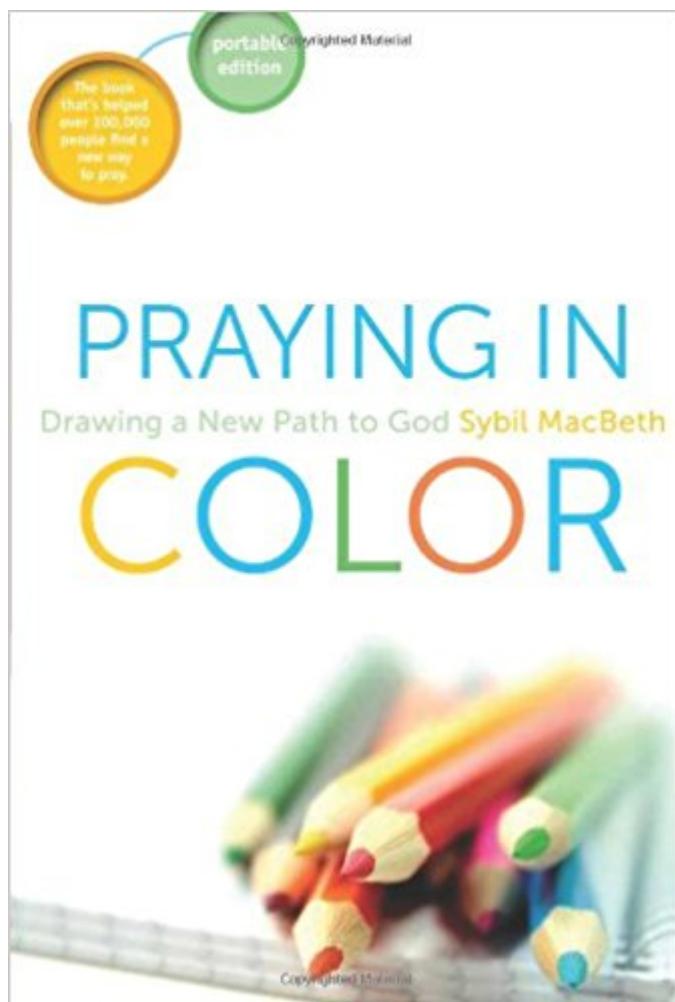


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# Praying In Color: Drawing A New Path To God--Portable Edition (Active Prayer Series)



## Synopsis

Praying in color 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 MacBeth. "For many of us, using only words to pray reduces God by the limits of our finite words." 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 helps to communicate with God. This smaller, "portable" edition has also been revised and updated by the author for the new format.

## Book Information

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## Customer Reviews

Sybil MacBeth is the author of "Praying in Color: Drawing a New Path to God" (2007) and "Praying in Color Kids" Edition (2009). Praying in Color uses doodling and coloring as a way to get still and listen to God. Sybil combines her lifelong love of prayer with her experience as a community college mathematics professor to offer workshops and retreats throughout the U.S. and Canada. Her workshops, both prayerful and playful, engage people of varied learning styles. Sybil is married to Andy MacBeth, an Episcopal priest, and is the mother of two adult sons. "Praying in Color" has been translated into Spanish, Italian and Korean. Her 2014 book "The Season of the Nativity: Confessions and Practices of an Advent, Christmas, and Epiphany Extremist" (Paraclete

Press, Fall 2014) invites people to experience the richness of the holiday season at home. Learn more at Sybil MacBeth's website and blog: [prayingincolor.com](http://prayingincolor.com).

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 markets (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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