# DRAWING TOOLS ON WEB

You can pray in silence, or play some music on the PC. Ideally, either choose music that is as long as you would like to pray for, or set a timer for say 10minutes. (or however long you would like to pray for – ideally somewhere between 10 and 30 minutes).

Find a quiet place to be still and to pray. Sit comfortably in your chair. Turn off any email notifications etc.

In this prayer time, you are asked to choose to make it either a prayer of

* *simply ‘being with’ God* by placing a name or shape for God on your screen and inviting God into your prayer time as you ‘doodle’ around this shape - allow thoughts and questions to come into the prayer and doodling*. OR*
* *intention* by placing a shape on the screen and an initial or name of someone you especially wish to pray for. Then spend your prayer time doodling as you invite God to your thoughts and hopes for this person eg peace, courage, healing etc. *OR*
* *Lectio Devina* by reading a scripture passage firstly (eg go to Daily Prayer Online for the readings of the day), and then moving into this prayer by placing a word from scripture inside a shape on your screen. You could copy and paste a phrase or word from the scripture or choose to write it. Spend your prayer time doodling as you allow yourself to be open to God as you ponder the word from scripture and allow God to ‘speak’ to you.

Place these questions next to your computer

1. Choose which style of prayer you wish to conduct from the above list
2. Begin your music if you wish to have music
3. Take a few slow deep breaths and allow your body to come to rest.
4. If it helps tighten the muscles around any areas of tension and slowly release

them until you feel comfortable.

1. Ask God to be with you in prayer.
   1. Eg

*I thank you God for always being with me, but especially*

*I am grateful that you are with me right now.*

* 1. OR

*Place yourself in the presence of God; become aware*

*of God’s presence. (be at peace)*

* 1. OR

*Simply ask God for what you would like from this time of prayer*

*eg to pray for calm, patience, help with a decision, courage for*

*yourself or for a friend…*

1. Move into a time of just being still as you focus on the screen.
2. Allow your hand to begin using drawing tool by drawing your central shape.

Continue with the rest of the doodling prayer.

1. If distractions come into your mind, just acknowledge them and let them

wash away. It may help to re-focus on your breathing before continuing.

1. Stay in your time of prayer and when you have finished, you may like to say a

formal prayer like The Glory Be or The Our Father, or perhaps simply thank

God for this time of prayer and rest.

\*\*You may wish to save your prayer\*\*

* At the completion of this prayer, please spend a couple of minutes reflecting and journaling on what this prayer time was like for you……what was easy or hard…the pros and cons…

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