

Praying with clay

Reflecting on the biblical image of clay from the book of Jeremiah, picture yourself as clay in the hands of the Lord, who created you and shapes you into God's own image.

As you work with the clay, ask God, "What are you forming in me?"

As you pray, listen and look for God's quiet word to you. Some common experiences with this exercise are:

- God will give you an image, and you will try to form it in the clay
- God will "speak to you" in the very process of working with the clay, showing you truths about yourself and/or about God's nature, and your relationship.
- As you work with the clay, you may "see" something emerging that you hadn't expected.
- You may go through a series of forms and shapes, having a dialog with God about each one.

OR

Try any of these exercises to pray with clay:

1. Mold clay (play dough) into shapes of things in creation that you are thankful for. Give thanks as your fingers work.
2. Mold the clay into something that represents you. As you shape the clay, ask God to shape you.
3. Mold the clay into something that represents your spiritual journey. Talk to God about your journey as you mold the clay.
4. Play with the clay as you talk to God.

Praying with clay or markers

Note: Artistic ability is of NO concern as you pray with markers or clay—the process is the point!

Praying with markers

Reasons to pray in color:

1. You want to pray but words escape you.
2. Sitting still and staying focused on prayer are a challenge.
3. Your body wants to be part of your prayer.
4. You want to just hang out with God but don't know how
5. Listening to God feels like an impossible task
6. Your mind wanders and your body complains.
7. You want a visual, concrete way to pray.
8. You need a new way to pray!

How to "pray in color":

1. Write your name for God on a piece of paper. Draw a shape around it or just start to doodle.
2. Add marks and shapes. Focus on the name you chose. Ask God to be part of your prayer time with or without words. If words come, pray them; if not, enjoy the silence.
3. To pray for a person, write their name on the page. Draw around it. Add color, if you want. Keep draying as you release the person into God's care.
4. Add other people to your drawing. Think of each stroke of your pen as a prayer for them. Take a breath or say "Amen" between each person.