



What is art as prayer?

- An intentional process where a person is directing their minds and hearts to have a conversation with God through making art.
 - Not all art making is a form of prayer. (Jeri Gerding, 2001)
- One can pray using various art materials (e.g. paint, colored pencils, crayons, etc.)
- They can use a blank piece of paper or canvas. Other people may use a coloring sheet or worksheet for assistance.

Prayer:

A form of communication and expression between an individual or group of people and God

Making Art:

Intentional or unintentional process of expressing and communicating a thought or feeling using art materials such as clay, paint, fabric, color, lines, etc.

Making Art as Prayer:

"Art as prayer is a form of expression and communication between the person creating the art and God."
(Gerding, 2001, p. 13)

Two Types of Prayers

Guidance and Listening:

The person starts with a blank canvas or work space and asks for guidance about what to make and how to do it. Then they follow the Holy Spirit's directions to make a piece of art.

Petition:

The person creates an image of their prayer requests. The person asks the Holy Spirit to aid them as they are creating a visual representation of their request(s).

For more information, contact Monique and Monica Major. (MoniqueAMajor@gmail.com)

ART AS PRAYER

WORKSHOP FORMAT

1) We start each workshop by discussing a theme that is determined by the person who requests the workshop (15-20 minutes)



2) Workshop participants pray through making art at one of three stations (60 minutes):

Painting

Coloring

Prayer
Journal



3) Workshop participants reflect on their time spent praying.
This time is guided by a worksheet. Interested participants can share about their experience with the group (15-20 minutes)



ADDITIONAL INFORMATION

- We need approximately 60 minutes to set-up for the workshop
- We ask that each workshop participant pay \$5.00 to cover the cost of the art supplies
- If you need to cancel the workshop, we ask that you let us know at least 24 hours in advanced.