



What you need to get started:

- 1) Blank sheet of paper OR a journal
- 2) Pencil and a pen
- 3) Colored markers or colored pencils or colored gel pens
- 4) A surface to work on

Option #1:

Write your chosen verse of Scripture on a sheet of paper or on your journal page. As you say the verse over and over, either in your head or out loud, add to your page with color and designs.



2 TIMOTHY 1:7

<http://prayingincolor.com>

Option #2:

Write out your Scripture verse. Spend some time quietly reading over the verse several times. Ask God to give you a word or a phrase. Then circle the word/phrase that jumps out at you. (If nothing jumps out, simply choose.) Then concentrate your meditation, prayer, color, and design on that word/phrase. What is God revealing to you about how that word relates to other words in the passage? What is He revealing to you about His character? What truth is being uncovered?

Option #3:

After reading over your Scripture verse, draw out a design on a sheet of paper or in your journal. Go back to your verse. As you meditate on the verse, add its words and your thoughts, reflections, or questions to your drawing.