DOODLES AND SCRIBBLES

This is an interesting and fun exercise and you might be surprised at the results. It is a different and creative way of praying.

1. With **eyes closed** make gestures on a blank piece of paper with a pencil as if you were dancing on paper. Don’t try to draw something in particular or think about what you are drawing. Just make pencil movements in a dancing motion.
2. Now open your eyes and look at what you have drawn. What shapes or figures appear? Now complete the sketch in colour and detail. You can use coloured pencils, felt tips, pastels or paints - whatever you have. Pick colours you like and notice how you feel when you draw or paint with them.
3. As you do this, you might like to play with contrasting lines, shapes, and textures.
4. Reflect on what God may be showing you through your drawing.
5. Explore where this exercise has led you to. Are you drawn to any scriptural verses by what you see?
6. What title would you give your piece of work?

End with a time of prayer.

This is an example of what one finished ‘Doodle and Scribble’ looked like. Notice the simple lines have been embellished with colour, shading and other art work. This one was given the title, ‘Peace out of Chaos.’

