

prayer
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Words are tough.
Well at least sometimes and art can
provide a new avenue of expression



① prep some
space & materials
you want
to

insert art
here

② find a
guide of art
prayer
(SWIPE LEFT!)

Remember to:

- Allow the Holy Spirit to guide you in this time
- Draw freely. It does not have to look perfect.

STEPS

1. Read John 6:30-35, today's Gospel.
2. As you read it, write down the verse that struck you.
3. Close your eyes and pray with that verse for a moment.
4. Is there an image that comes to mind as you pray about it? Allow the Holy Spirit to guide your hands as you draw.
5. When you're done, reflect on your drawing. What is God speaking to you through your drawing?
6. Was this activity difficult for you? Why or why not?
7. Share this in your small group.

