

Doodle Prayers

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Teenagers doodle. Help them turn their sketches into prayers.

For

Teen Family

Season

Fall

Needed

Plain paper, pens, markers, Bible



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Prepare in Advance

Mark your Bible to: Mark 11:24; Philippians 4:6; Matthew 6:7.

Activity Plan

1. Say this prayer aloud to begin.

God, thank you for giving us the gift of art and drawing. Help me to become closer to you through my doodles. Amen.

2. From your Bible or the text below, ask someone to read aloud Mark 11:24. Then have another person read aloud Philippians 4:6. Have another person read aloud Matthew 6:7. Discuss: What does the Bible tell God's people about prayer?

Mark 11:24

Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Matthew 6:7

And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

3. Give each person a piece of plain paper, a pen, and some markers. Ask: When do you doodle? Why do you doodle? What do you like about doodling? Take some time for family members to doodle things for which they are thankful. Play some music everyone likes, as it's often easier to doodle to music.
4. After all have finished, invite each person to show his or her doodles.
5. End with a "Thanks, God, for ..." prayer that incorporates what each person is grateful for.
6. Variation: Instead of doodling on separate papers, create a doodle prayer by having all family members doodle on one piece of paper at the same time.
7. If you want to learn more about spiritual doodling, find the book [Spiritual Doodles & Mental Leapfrogs: A Playbook for Unleashing Spiritual Self-Expression](#) by Katherine Q. Revoir.

