



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

THURSDAY 14 MARCH



CONTEMPLATIVE ACTS - PRAYER WITH ART

Light and colour fill the world can fill the world with joy. Stained glass windows can help us reflect on scripture and pray. Today as we explore different contemplative acts on Thursdays you're invited to try praying with art.

You may wish to have some paper and colouring implements (pencils, pens, paint) or electronic drawing equivalents available to you. You may wish to collage or use other visual arts that you're familiar with.

For reflecting and praying with art good resources are the Visual Commentary on Scripture (<https://thevcs.org/>), Christian Art (<https://www.christian.art/>) and the Vanderbilt Divinity Library's RCL Resources (<https://lectionary.library.vanderbilt.edu/>).

The first suggestion is to select an image, it could be from a newspaper or from one of the options above, or it could be from the Picturing Prayer archives on the Diocesan website. What does the image make you think of and pray these things. It could be people, situations, challenges in your life and those of your community.

Collect for Fourth Sunday of Lent

Gracious Father,
whose blessed Son
Jesus Christ came
from heaven to be
the true bread which
gives life to the
world, evermore give
us this bread, that he
may live in us, and
we in him, who lives
and reigns with you
and the Holy Spirit,
one God, now and
for ever.
Amen.

Praying with Colour

The other suggestions for today involve you creating something and using it to aid prayer and to pray whilst creating. You'll need paper and colours (or electronic equivalents). For more suggestions and examples one source is the Praying in Color blog or book (<https://prayingincolor.com/blog>)

First Suggestion - intercessory prayer

For each of the prompts below, choose a colour to represent that person or thing. Draw a doodle, a picture, a name, a word whatever you wish to represent your prayer. Spend at least 30 seconds on each prompt, longer if you wish.

- Something you are thankful for. Draw something to display your thankfulness to God with that colour.
- Do you know someone that is sick? Please pray now for that person.
- Select a colour for someone who has died. Draw something for that person and their loved ones.
- Think of a colour for someone you love. Draw a prayer for them.
- Do you have a problem that needs solving? What colour represents your problem? Draw a prayer that asks God to help you focus on the solution to your problem.
- Think of a person in your life who could use a prayer. Select a colour for that person. Doodle a prayer for them. Or write their name. Or whatever you wish.
- Last, but not least...what colour represents YOU? Pick a u and pray for yourself, asking God for what you need. What do you need today?

Prompts adapted from contemplativespirit.org Second Suggestion

Second Suggestion - spending time with God

Choose a line of scripture (perhaps John 3.16) or a verbal prayer. Then choose one of the many names for God—Holy One, Creator, Redeemer, Savior, Beloved, Almighty God... Write the name on a piece of paper and start to draw. Breathe, doodle, add colour. If verbal prayers pop into your mind, pray them or write them down. If not, enjoy your quiet visit with God. An example is below.

Adapted from contemplativespirit.org



For God so loved
the world that he
gave his only Son,
so that everyone
who believes in
him may not
perish but may
have eternal life.

John 3.16

Usual Weekly Pattern

Sunday
RCL Eucharist
Readings and Collect

Monday
Delving Deeper into
the Readings

Tuesday
Words from Others
(sacred & secular)

Wednesday
Resources from the
Arts

Thursday
Contemplative Acts

Friday
Personal Reflection
- what this means to
me

Saturday
Acts & Deeds