

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Psalm 52:8

But I am like a green olive tree
in the house of God.
I trust in the steadfast love of God
for ever and ever.

Genesis 37: 2b-3 (NASB)

Joseph, when seventeen years of age, was pasturing the flock with his brothers while he was still a youth, along with the sons of Bilhah and the sons of Zilpah, his father's wives. And Joseph brought back a bad report about them to their father. Now Israel loved Joseph more than all his sons, because he was the son of his old age; and he made him a varicolored tunic.

Genesis 9: 12-17 (The Message)

God continued, "This is the sign of the covenant I am making between me and you and everything living around you and everyone living after you. I'm putting my rainbow in the clouds, a sign of the covenant between me and the Earth. From now on, when I form a cloud over the Earth and the rainbow appears in the cloud, I'll remember my covenant between me and you and everything living, that never again will floodwaters destroy all life. When the rainbow appears in the cloud, I'll see it and remember the eternal covenant between God and everything living, every last living creature on Earth." And God said, "This is the sign of the covenant that I've set up between me and everything living on the Earth."

The are many times colours are mentioned in the Bible and we can use colour in our prayers. Some examples are given on the next page.

COLLECT

Almighty God, through the waters of baptism your Son has made us children of light. May we ever walk in his light and show forth your glory in the world; through Jesus Christ our Lord, who is alive and reigns with ou and the Holy Spirit, one God, now and for ever. Amen.



Duccio (d. 1319) *Healing of the Man Born Blind*, National Gallery, London.

“What an example of firm faith the blind man gives us! A living, operative faith. Do you behave like this when God commands, when so often you can’t see, when your soul is worried and the light is gone?” — St. Josemaria Escriva

““Don’t shine so that others can see you. Shine so that through you, others can see Him.” — C.S. Lewis

“Rejoice with Jerusalem and be glad because of her, all you who love her.” — Isaiah 66:10 (NIV)

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, chooses 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 - 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, Saviour, 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.

Adapted from contemplativespirit.org

To Listen

Colours of Day" (Light Up the Fire) by Sue McClellan, John Peculabo & Keith Rycroft.