

**Doodle Here:**

# Doodle Prayer Instructions

1. Have a seat and relax! This is a simple spiritual practice for you to use for yourself anytime or at home or church with your kids. Just find or create a comfortable, quiet place free from distractions where you (or your class) can be alone with God.
2. Scan the QR code to the right and follow along with the audio prompts. Later, try using quiet worship or instrumental music, relaxing sounds, or simply sitting in silence with God.
3. Use any pencil, marker, pen, etc., available to you and a blank piece of paper (or use the back of this sheet).
4. If you find your mind wandering, draw a box in the corner of the page. This can be your “parking lot,” where you can write down anything distracting that may come into your mind. “Park” those thoughts here for later, and don’t let them stop you from listening and praying.
5. As you sit silently, simply put the pen on the paper and start moving it. You don’t need any artistic skill, and you can create any design or picture or scribbles you would like. Words are okay, too!
6. Bring your requests, questions, struggles, joys, and trials before God, and simply relax and enjoy being still in his presence as you doodle.
7. Be still and be with God. Let your mind wander and wonder with him, and may it be well with your soul!



***Psalm 46:10 - Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth!***

Doodle Prayer is also a great spiritual practice to help children connect personally with God! It can be done with children of nearly all ages, and helps them stay focused during quiet times. We encourage you to introduce it to your own children, grandchildren, or students to help them discover God’s love for them. Feel free to contact us with any questions you may have!



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