



# MYSTIC

session page

## Let It All Out

1 Timothy 2:1-7 | Session 8.38

### Before the Session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)
- Materials needed: drawing paper, pens, markers, colored pencils, crayons, crayons

### Context

Read aloud [1 Timothy 2:1-7](#) then play the Bible Background Video

In today's reflection, the group will engage in an interpretive prayer experience, as found in the book [Praying in Color – Drawing a New Path to God by Sybil Macbeth](#).

## Reflection

Give everyone in the group a piece of drawing paper while making the drawing instruments available and easily accessible. Reassure people that they do not have to be artists to do this activity!

Invite people to a different way of praying by drawing and coloring as each person or concern is lifted up to God. Allow for at least 30 minutes for this activity, and give the following instructions:

- Start by writing a person's name or a concern somewhere on the paper.
- Draw a shape around the word you've written – it can be a square or circle or hexagon or blob or whatever shape you want.
- As you think about the person or concern, add additional lines and colors around it in any way you see fit. As you draw and color, think about the person or concern and whatever comes to mind that you might want to share with God. Let your thoughts come in words and/or mental images, or you might want to spend the time being "wordless." You may want to choose colors and lines that express your feelings, hopes, or worries about this person or concern.
- When you are "done" contemplating this person or concern, repeat the process for however many other people or concerns come to mind.
- You might also choose to add words to your drawing that express your prayer requests for each person or concern.
- When you feel like your prayer time is done, spend a few moments looking at your picture in God's presence, then close your time by saying a mental "Amen."

Give people the opportunity to share what their experiences, encouraging volunteers to share their pictures and close with a group prayer of thanksgiving.

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