



Praying with Art

Praying with art is a visual experience in which we can enter into the beauty of God's creation, reflect more deeply on Scripture or sacred truths, and express ourselves spiritually to God.

There are two main ways to incorporate art and prayer:

- Meditating on art for prayer
- Creating art as an expression of prayer

Meditating on Art for Prayer

You can meditate or reflect on any type of art that attracts you spiritually such as paintings, sculpture, and drawings. You can choose sacred art (such as depictions of Scripture), icons, creation landscapes, or anything that has spiritual meaning for you.

- Select an image or piece of artwork that draws you spiritually. If appropriate, you may also incorporate Scripture.
- Prepare and clear your mind; center yourself and take a few deep breaths. Invite God into this time with you.
- Gaze at the art for a few minutes. Pay attention to what you notice most and what catches your eye.
- Reflect on your observations. What feelings does this stir in you? What thoughts and words come to mind? What meaning or insights do these have for you?
- Form prayers based on your reflection, and offer them to God.

This can be done in your home, a church, using a book or images on your computer, as part of a workshop or

program (such as those held at Centering Space) or even in a museum or gallery.

Art as an Expression of Prayer

Just as you can write and say prayers, you can also use art as an expression of prayer. Some of the most renowned artists used art as a form of prayer to connect more deeply with God.

There is no right or wrong way to express oneself in prayer with art. The focus is on openness to the Spirit.

- Prepare and clear your mind; center yourself and take a few deep breaths. Invite God into this time with you. You may consider setting an intention.
- Choose an art expression that you feel drawn to use in prayer such as painting, drawing, coloring, graphic art, crafting, and so on.
- Allow the Spirit to lead you in expressing your thoughts and feelings to God in colors, tones, textures, and images. Trust that God will guide your hands.

Contemplate and pray as you create. Pay attention to what is stirring in you along the way. Consider: How did the Spirit guide you? What is the work conveying to God and to you? How is it revealing God in a new way?

Fruits of the Practice

Lastly, pay attention to how you feel after your prayer time with art. For example, did you experience any fruits of the Spirit such as peace, love, or joy? Did the time lead to any deeper insights or connection to God?

These may be cues that prayer with art may be a spiritually fulfilling practice for you.

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