

Spiritual Drawing

Lent Series 2021:

Practices of the Spirit: Peace in the midst of Pandemic

Thursday March 4th | 7:30pm



Spiritual drawing is unlike some of the other spiritual practices many of us have taken part in, as it can be practiced in a myriad of different ways. Just as different styles of learning are suited to different peoples' skills so spiritual drawing can be practiced to speak to different peoples' abilities. You do not have to be an artist in order for drawing to create meaningful opportunities to deepen and strengthen your faith life. The process as outlined below is just one of many ways you can incorporate drawing to strengthen and expand your spiritual life.

Preparation

Spiritual drawing does not require a particular writing instrument, nor a particular medium on which to draw. Pencil on paper, pastels on wood, crayon on walls—choose whatever the Spirit leads you to in this moment.

Step One: Contemplation

The goal of this time is not to create a work of art. Instead, seek to deepen your spirituality and connection with God. What do you wish to bring to God in this moment? What has been weighing on your heart and minds? What has brought joy into your life?

Step Two: Choose or imagine an object or design, or open your mind to the possibilities

Spiritual drawing can take many forms. The drawing you create can be real or imaginary, concrete or abstract. Is there something within your surroundings that captures your faith journey at this time? Does an object you have seen in the past embody the struggle that is before you? Does a design come to mind that expresses your thanks for the blessings of this life?

Step Three: Draw

Transfer what you see before you or what you see in your mind's eye onto your medium. If what appears looks different than what you envisioned, accept the differences for what they are. Nothing created by the human hand can be perfect. It need only be an honest expression of this faith moment. If you are led to follow through with your original image, do so intentionally. If you feel called to explore other concepts, do so freely. Allow the Spirit to lead and guide you as you create something tangible from the intangible.

Step Four: Reflect

Change your perspective from one who creates to one who observes. What has been created? What does this image say about the person who created it? What does it say about God? Where was the Spirit leading in its creation? What have you learned from this image or experience?

Optional: Debriefing

If you would prefer more time of contemplative prayer and silence, feel free to log off the Zoom call. If you'd like to stay in the call and talk about this experience with the group, we will have time to debrief together.