

Doodle Prayer Guide

You can engage in Doodle Prayer at your desk, while you wait for an appointment, or when the thought of the person pops into your mind. *Absolutely no skill is required.* This is doodling, not performance art. If you'd like, make it colorful. You can also include stickers if they are available.



Write the petition: Begin by writing down the name(s) or thing(s) that you want to pray for.



Decorate: While you are thinking about the person or situation you want to pray for, loosely draw or scribble a shape around the name. If you have color markers or pencils, decorate the shape.



Commend to God: Now stop the doodling and prayerfully place your hand on the name or situation drawn and commend each one to God. You do not necessarily have to ask for anything. Simply ask Jesus to envelop them in love.



Response: Be open to receiving a response from God.



Journal: You might wish to write a word beside the drawing that has come to you in this prayer time or reflect on the experience in your journal.

“Hear my prayer, O God;
do not hide yourself
from my petition.”

- Psalm 55:1

