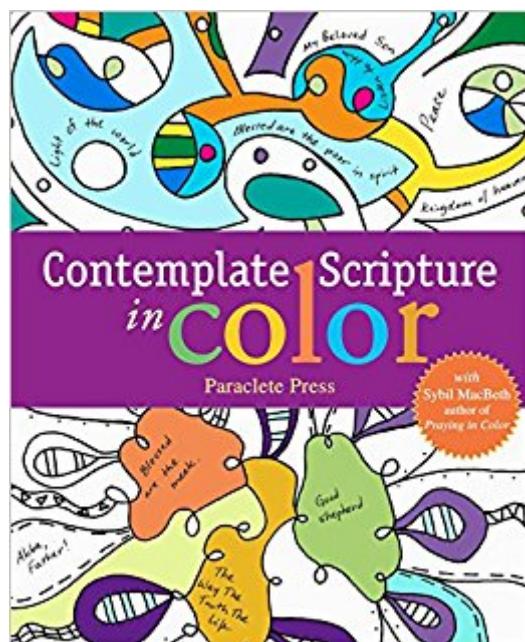


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# Contemplate Scripture In Color: With Sybil MacBeth, Author Of Praying In Color



## Synopsis

We're always looking for new ways to encounter Scripture "to go beyond the usual format of reading, reflection and questions. Many people have been rediscovering lectio divina, a way of contemplating Scripture practiced by monks since the Middle Ages. As an aid to lectio, or just a fun new way to pray with Bible verses, this book combines contemplating Scripture with coloring, helping the reader go into a sacred space where they can encounter and connect with the reading more deeply. This coloring book was created with the bestselling author of *Praying in Color*, Sybil MacBeth. Sybil writes and leads workshops about using doodling to contemplate Scripture. This book will help readers, doodlers, and colorers hear what God might be saying to them personally in a specific passage and then meditate further on it. It is a perfect way for individuals, families, and groups to learn more about this ancient practice, paired with coloring.

## Book Information

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## Customer Reviews

Readers of all ages, experience, and religions will find this a fresh, invigorating and even exhilarating way to spend time with themselves and their Creator." Publisher's Weekly Starred Review

The Editors of Paraclete Press in conjunction with Sybil MacBeth are committed to creating resources that will draw people closer to God in unique ways. Sybil MacBeth's titles in the *Praying in Color* line have sold over 100,000 copies. Â

I am a big fan of Sybil MacBeth's Praying in Color method (Or Praying in Black and White if you happen to be a masculine soul). It involves using drawings and colored pencils (or markers and crayons) to sort of mindmap your devotional life—intercessory prayer, Lectio Divina, prayers of gratitude, etc. It is a perfect way to focus, for those of us who's mind wanders during prayer. Prayers are captured in journals, sketchbooks and on graph paper. A record of our doodled devotion. My wife has used this same method in children's ministry, teaching kids to draw their prayers. While I have benefitted from Macbeth's method, I can, at times, be distracted by it. For the artistically inclined (or in my case, reclined), drawing prayers can draw us away from the heart of true prayer, when we focus on the quality of our drawings instead of the prayer we are praying (Macbeth's notes the struggles artists have with this method in a parenthetical note in Praying in Black and White). Macbeth and Paraclete Press have produced a new series of "Praying in Color" coloring books. Like other coloring books that Paraclete has produced, there are scriptures, quotations and other prompts on the left-hand pages, and a coloring sheet on the right-hand page. The difference is the right-hand pages reproduce the sort of 'mindmap' patterns which MacBeth uses in her Praying in Color books and workshops. The result is a simple, accessible way to appropriate her method in our own personal prayer times. Because the form is already given, it minimizes some of the artist's distraction. There are several volumes of these coloring books, corresponding to different ways of praying. Contemplating Scripture in Color is a chance to use drawing and coloring in Lectio Divina. MacBeth's introduction instructs you how to use the words and images in the process of our scriptural meditation and prayer. We begin with Lectio (reading), reading the scriptural passage that accompanies the image, circling the word or phrase that jumps out on you. Meditatio (Meditation/chewing) we are invited to write down everything we associate with that word, and to write our word on the coloring page and to ask God to share what he has to say about that word as we color. Oratio (Speaking) we speak our prayers to God as we color, maybe writing prayers and questions in the margins. Contemplatio (contemplate) is a 'cool down period,' a time to put down your pen and markers and sit with what emerged from the time. Several of the pages are left blank so that we can choose our own passage of Scripture and make our own drawings. Unlike most adult coloring books, the pages of each of this coloring book become a sort of spiritual journal as we pray and meditate on scripture. As with MacBeth's other Praying in Color books, there is no right way to use these coloring books or preferred method. This is simply a format to help you dive deeper into the land of prayer. Users of these coloring books will find a nice balance between set formats and creative freedom. This coloring book is great for personal use or as a gift. I give it five stars.

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