

# REFILLAH - PRAYER SUPPLIES NEEDED

- Handouts (Background Info, Questions For Reflection, Activity Sheets)
- Bibles
- Computer with wifi signal
- Stretchy jewelry cord (1 foot per person)
- Variety of bead colours as noted on Psalm 23 sheet (place each colour in an individual dish for easy access)
- Snack size ziplock baggies (1 per person to take bracelet home)
- Copies of *Praying in Colour* by Sybil macBeth (children's and/or adult version)
- Sheets of blank paper
- Fine point black markers
- Coloured pencil crayons or markers

# TEFILLAH - PRAYER BACKGROUND INFO

- Read Deut. 6:4.
- Tefillah is described as a 'labour of the heart'. It can be anytime that you want to share whatever is on your heart with your Creator.
- Scripture instructs Jews to recite the 'Shema', "Hear O Israel, the Lord so our God, the Lord alone." upon waking and sleeping.
- Lauren Winner notes that, "prayer is a conversation between two people, and one of them is God."
- Jews practice spontaneous and rote prayers. Lauren Winner says of spontaneous prayers, "Spontaneous prayers are "to the liturgy what grace notes are to a musical score: They decorate, but never drown out, the central theme." and of rote prayers, "If roteness is a danger, it is also the way the liturgy works. When you don't have to think all of the time about what words you are going to say next, you are free to fully enter into the act of praying; you are free to participate in the life of God."
- Sometimes in prayer we get to express our feelings, better still when in the act of praying, our feelings change.

# REFILLAH - PRAYER

## QUESTIONS FOR REFLECTION

- What does prayer mean to you?
- Jesus modelled a variety of prayer practices. He used the psalms when praying and also taught the 'Lord's Prayer' to his disciples to teach about and use when praying; Jesus also prayed spontaneously as he did in the garden before His arrest. What forms of prayer are you comfortable with? Uncomfortable with?
- Share an experience when you were very aware of God's presence while praying. What colours, tastes, smells, feelings etc. might you use to describe this time of prayer?
- Prayer can be a contrast between our feelings and the truths of God that we need to acknowledge. How have you experienced this struggle in your own prayer life?
- "Prayer is also the space where God can speak to us. It is more than an exercise is hearing ourselves think." How is this definition helpful for you? How have you experienced God speaking to you in your prayer conversations?

# REFILLAH - PRAYER ACTIVITY - EXPERIENCE THE DIVINE HOURS

- Go to <http://www.explorefaith.org/prayer/fixe/>
- Read about the Divine Hours as described by Phyllis Tickle.
- Click on the time zone you are located in.
- Pray the Divine Hour prayer that is provided.
- Set aside a specific time daily to visit this website and offer the prayer that is provided for that time and that day. Is this a practice of prayer that enhances your conversation with God?

# REFILLAH - PRAYER

## ACTIVITY - EXPERIENCE PRAYING THE PSALMS

- Psalm 23 has provided comfort in fearful times through the ages. Meditate on and pray this psalm while making a beaded bracelet with specific beads which represent the 'colours' of this psalm.
- Cut a piece of stretchy jewelry cord approximately one foot in length. Tie one end to a pencil so the beads won't fall off as you place them on the cord.
- Using the copy of Psalm 23 provided, pray this Psalm while pausing to meditate on each portion of the psalm as you place the appropriate coloured bead on your bracelet cord. Feel free to place metal spacing beads in between coloured beads as you wish.
- Tie off your bracelet and take your copy of Psalm 23 home with you to continue to repeat the prayer counting off the beads as you go.

### Psalm 23

The Lord is my shepherd (opaque white), I shall not want.  
He makes me lie down in green pastures (emerald),  
He leads me beside still waters (sapphire blue), he restores my soul.  
He guides me in the paths of righteousness (crystal) for His name's sake.  
Even though I walk through the valley of the shadow of death (jet black).  
I will fear no evil, for you are with me;  
Your rod and your staff (dark topaz) they comfort me.  
You prepare a table before me in the presence of my enemies.  
You anoint my head with oil (light topaz), my cup overflows (light amethyst).  
Surely goodness and love (pink lustre) will follow me all the days of my life,  
and I will dwell in the house of the Lord forever.

# REFILLAH - PRAYER

## ACTIVITY - PRAYING IN COLOUR

Do you ever feel antsy and fidgety when you try to be still and pray? Our words make great prayers. But words don't always seem to be there when we need them most. Praying without words is another option. But what do you do if you're not using words. How do you get quiet and listen to what God might say? Or, as the writer of Kings 19:12 might ask, "How do you hear the 'still small voice' or the 'gentle whisper' of God?"

For some children and adults 'doodling' helps shape a prayer to God. Try out the practice of 'Praying in Colour.'

- Stretch your arms, take several deep breaths, let out a sigh, and/or sit quietly and draw your heart and mind to God.
- Grab a piece of paper and start in the centre. With a black marker draw a lime-sized shape in the middle of the page - it could look like a cloud, a box, a leaf, a many-sided shape. Write one of the names for God that you particularly like to use inside or near the shape you drew. When we write our name for God we ask God to be present with us in our prayer. If your mind begins to wander try saying your name for God over again in silence, or out loud.
- Pick out some markers/pencil crayons and add some details to your drawing - dots, circles, squiggles. Let your hand take your mind for a walk. Think of each mark as time you spend with God in prayer. Feel God's presence and share your thoughts with God as you draw. Draw around your name for God until the picture feels finished. Colour in the the picture.

- Add the name of another person to your prayer drawing. Draw a new shape and put that person's name in that shape. Repeat the process of drawing and praying; doodling and colouring.
- Keep adding new shapes and new subjects to your prayer. Doodle and colour in your prayer, reflecting constantly on God and the feelings and concerns you want to share with the Lord.
- For samples of what 'Praying in Colour' might look like feel free to flip through either of the *Praying in Colour* books provided.
- If you feel unable to create your own drawing, feel free to use one of the colouring sheets also provided.
- If this is a way to pray that you enjoy, buy yourself a book of blank pages and set aside time each day to pray in colour.