

Using a Colour-Through-Lent calendar template

Using a calendar template is a simple, daily, and playful but serious practice for praying our way through the forty days of Lent. Each day, choose a word to ponder or a person to pray for. Write the word or name in the allotted space with a pen and draw or doodle around it. Add colour with coloured pencils or markers. Let the word or name speak to you. If words come to you as you draw, pray them. If not, just continue to draw, stay quiet, and let the word or name burrow into your mind and heart. Returning to the calendar each day establishes a special time to be present to God and to listen.

Think of each mark of the pen or stroke of a coloured marker/pencil as a small non-verbal prayer.

The goal of the doodling and drawing is not to make a beautiful work of art (though it often does), but to create a visual prayer. Drawing/doodling invites the body into the prayer, gives the eyes and hand something to do, and helps to focus attention on the word or person.

Ways to Use the Calendars

- 1) **Pray for a person** each day of Lent.
- 2) **Using a book of daily Lenten meditations**, read the meditation for the day and select a word that jumps out at you. Write the word in the space. Meditate on it as you draw and colour around it. Let it enter your heart and mind. Ask God what you need to hear from the word.
- 3) **Follow a daily lectionary** and choose a word from one of the Scripture readings.
- 4) **Use the vocabulary of Lent** from Scripture and tradition—ashes, desert, temptation, denial, repentance, Passion, cross, forgiveness, fasting, etc.
- 5) **Read a Psalm** each day and choose a word.
- 6) **Describe the nature and character of Jesus** in your calendar using nouns and adjectives: Saviour, Redeemer, Healer, Lamb, radical, obedient, forgiving, teacher, etc.
- 7) Since Lent is a time for **reflection and self-examination**, scatter your confessions, character defects, and regrets. The past year has been a difficult one for many people, so include your specific worries, fears, and sorrows on the calendar. Your pathway of tears will take you to the cross and give you a visual way to lay your burdens down. “Come to me, all you who are weary and heavy laden, and I will give you rest” (Mt. 11:28). Ask the Holy Spirit to be present as you reflect on these. This is not meant to be an exercise in self-flagellation or self-pity, but a way to be honest with yourself and draw closer to God and God’s unconditional love. Mix in some dreams, hopes, and thanksgivings.