

## Thy Kingdom Come: Day Nine

### Prayer through Creativity

#### A Blessing Before Beginning By Ted Zaragoza

You who created the heavens and the earth,  
You whose hands made chairs and tables  
And utensils for use around the house,  
You who inspire my creative energy and expression:  
Direct my mind, my heart and my hands to  
Create only what speaks truth,  
Shares more fully understanding,  
Strengthens acts of compassion.  
To you who created me,  
Gratias maximas tibi ago (Thank you very much).

Whilst all the themes of our previous days have been my version of the work of Gary Thomas in the book "Sacred Pathways", today's is an additional way into prayer that I add because it has been very significant to me. On my first retreat, after a few days of praying with words, and in silence, in the chapel and the garden, my retreat guide suggested I take my prayer into the craft room to play with some paint or some clay. Only my inner acceptance of authority ("he must know what he is doing because he is my guide") overcame my deep resistance ("I am rubbish at art"). What happened was that as my hands took over from my head in responding to the passage of scripture I was given to pray with I let go and let God take me to a deeper sense of God's presence and guidance than I had known before. No great art was made, but God brought a new beauty to my soul. (Yes, my guide did know what he was doing!)

If you have a creative hobby spend some time with it today offering the time to God as your prayer: sewing, knitting, cooking, gardening .....

If you don't have that kind of hobby try writing about what is going on in your day, what you have seen, what have you thought? Placing your own words down on paper is a form of creativity. You might want to look back afterwards and notice what it shows you about God.

Or a very simple creative craft which give you something to talk to God about is a collage – if you have paper, magazines, glue and scissors you have all you need. Take the theme "prayer" and then pull out of the magazines any pictures that you are attracted to. Cut them out and glue them to the paper however you are inspired to. Go and make a cup of tea and then come back to the picture and see what you notice, talk to God as you would a friend about what the collage is showing you about prayer.