**SPIRITUAL COLLAGE**

**A different way of praying**

Sometimes images can help describe who we are and where we are in our spiritual journey. One of the ways we can reflect on our lives, creatively and prayerfully, is by creating a ‘spiritual collage’.

You will need a piece of A4 or A3 paper, some magazines, scissors, a glue stick or paste

Here is what you do:

* **Pray:** start with a time of prayer and think about where you are in your spiritual journey and where God is. You might like to focus on God’s care for you, either right now during the current Coronavirus crisis, or at a particular time in your life or over your whole life. Or, if you prefer, choose a favourite Bible story or a Psalm and read it through slowly a couple of times. Use this as a basis for your collage. Psalms 19, 23, 42, 104, 139 and 148 are good ones to look at.
* **Select:** select, from the magazines, the pictures, or parts of a picture that you feel drawn to. This is an instinctive exercise. Don’t look for specific images or think about what describes your situation at the moment. Just choose whatever appeals to you or jumps out at you. Let the Spirit lead you. Perhaps listen to some or your favourite music while you work.
* **Create:** cut or tear out the various images and paste them on the paper in whatever order they work for you. You might design according to a theme or feeling or a colour or a story. Be as creative as you can!
* **Reflect:** when you finish, spend a few minutes meditating on the collage. This is the reflective part. Let the collage speak back to you about your life, your character, your spiritual journey, your hopes and fears, the current situation and so on. What is God saying to you?
* **Write or share:** If you are on your own, write down some of the thoughts that come to mind and offer them to God in prayer or, if other members of your family have each made one, show your collage to them and explain what it says to you. There is no need to discuss it in detail but share its message in a positive way. There is no right or wrong. Every collage is unique and reflects God’s love for each one of us and our response to him.
* **Pray:** finish with a few moments of silent prayer thanking God for his wonderful creation of the natural world, for his gift of Jesus to be our Saviour and thanking him for his unfailing care and love for each one of us. Amen.