

# Praying WITH Color is fun!

Helping young children  
bring feelings to faith

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# Introduction

God made all the colors in the world for us. And God was more generous than we can ever imagine. God didn't make just one blue flower, but more varieties than we can count. And more brown animals than you can list. And every morning God gives us a uniquely colored sky, and every evening yet a different one. We have misty days and bright sunshiny summer days. Colors help us identify fruits, vegetables, and flowers. Colors even help us identify health issues. Think about overly pink cheeks as a symptom of fever.

Through the centuries, our Church has inspired and preserved many great works of art. And colors have been used to represent people in the Bible, such as blue for the Virgin Mary, brown or green for St. Joseph, and red for Jesus and his Passion.

The Church also uses colors to represent seasons of the liturgical year. These colors help us express the different feelings of the seasons, espe-

cially sorrow, sadness, joy, exultation, and hope.

The colors of the liturgical year remind us that colors have the power to express how we feel, both verbally and visually. People say, "I feel blue." And,

"Today is such a gray day; it matches my blah mood."

Or, "The bright yellow sun makes me feel incredibly happy!"

The coloring pages in this booklet are created to help young children identify with, easily color, make connections with

symbols and colors, and understand facial expressions that coincide with emotions. They do this in three ways.

First, the pages help youngsters read the emotions of the children in the images. For example, are the eyebrows slanted downward in anger? Are the eyes wide open in fear? Are the lips drawn in a straight line in boredom?

Second, the text will help young children unlock the power of color in understanding emotions—their own and those



of others. You will be able to help them match colors to emotions while helping them identify the emotion they are feeling or the emotion they suspect someone else is expressing.

Finally, you can then guide the children through various forms of prayer in response to the emotions they feel.

How can praying with color increase the depth and productivity of prayer? Because we are visual creatures of God. Colors have a psychological effect on people and can spark emotions that propel us in certain directions. Prayer puts us in a place of nearness to God, and being able to bring our emotions to God helps us understand ourselves as we present ourselves to God. Being authentically ourselves is a step nearer to honesty with God in prayer. Color helps us learn about ourselves.

### ***Instructions***

The text for each color can be read directly to young children. Pause after each question to allow children to think and answer. Encourage them to explore where they see colors in nature and everyday life. Prompt them to pair their emotions with the colors. This pairing of objects of color and emotions will help children learn to take the next step: praying with color.

Feel free to apply these various aspects of color in whatever ways they inspire you. Your catechetical texts can help give you ideas. Call upon the Holy Spirit for inspiration before lesson preparation too.

How good it is to help young children understand their emotions and the emotions of others through color, simple images, and prayer, and, in all these ways, learn to deepen their relationship with God, their family members, friends, and neighbors. I pray that this booklet may yield a creative form of prayer that begins early for your children and continues to deepen throughout life.

# 1

## Red LOVING TO ALL

Red is the bright color of fire, autumn leaves, and ripe tomatoes. The color red shows I feel love. It's the color of fire engines, nail polish, and valentines. Where else do you find the color red?

Have you ever heard someone say to you, "I love you with my whole heart!"? It means that he or she was feeling lots and lots of love for you.

We all feel love, sometimes, for and from others. When your mom and dad hug you, you feel love and can picture red hearts floating around you, or when you play with your cat and your heart feels like it's going to burst with all the love you have. Think about the color red when you feel love or loved, and it will seem just the right color to describe how you are feeling.

What do you think the child on the coloring page might be feeling? Do you think it's love? What about her makes you think that? Do the eyes and mouth look like love? Does the pattern on the clothes reflect love? How?

Color the child on the coloring page, using red where you think it should be. Think of times when you've been loved and loving too. Did your face look and feel that way? Try to make a loving face right now. Do your feelings match what your face is doing?

### **Prayer**

Jesus taught us that we can always come to him in prayer to thank him for good feelings. When you are feeling loved, remember that Jesus feels loved when you are loved. He loves you and wants you to share your life with him. You can do that by praying to him, remembering that he gives all good things.

Here is a prayer just for you. Fill in the reason for your feelings of being loved or loving (you can ask an adult to help you). Then say this prayer when you feel love. In this way you are sharing your love with Jesus who is just waiting to share with you because he loves you so much.

*Dear Jesus,*

*Today I am feeling loved because*

\_\_\_\_\_. *(Fill in this blank; you*

*can ask an adult to help you.) I know I*

*can always talk to you, my Jesus, and*

*you will guide my heart to be grateful.*

*Thank you for letting me see the color*

*red today as a way to express or receive*

*love. But I know that red expresses many*

*other wonderful things too! I'm glad that*

*you made all the colors in the world! I*

*love you, Jesus! Amen.*



# 2

## Blue

### CALM AND TRUST IN GOD

Blue is the cool color of the sky and the sea. The color blue expresses calmness. It's the color of blueberries and bluebells, some persons' eyes, and the clothing of the Virgin Mary. Where else do you find the color blue?

The Blessed Virgin Mary, our Mother and the Mother of Jesus, trusted God with her whole heart. No matter what happened, she loved, trusted, and obeyed God. Blue expresses the calm that happens in our hearts when we trust God too.

What do you think the child on the coloring page might be feeling? Do you think the child is calm? What about the child's eyes and mouth makes you think that? How does the pattern on the clothes reflect this emotion?

Color the child on the coloring page, using blue where you think it should be. Think of times when you've felt calm and peaceful because you trusted God. Maybe your dog was sick and instead of worrying you prayed to God to take care of your pet. Let yourself feel calm and make your face reflect that. Do your feelings match what your face is doing?

#### **Prayer**

Jesus taught us that we can always come to him in prayer to thank him for good feelings. When you feel calm, remember that Mary our Mother rested in the peace of Jesus always. Jesus loves you and wants you to share your life with him. You can do that by praying to him, remembering that he gives all good things.

Here is a prayer just for you. Fill in the reason for your feelings of calm (you can ask an adult to help you). Then say this prayer when you feel calm. In this way you are sharing your trust in Jesus, who is just waiting to share with you because he loves you so much.

*Dear Jesus,*

*Today I am feeling calm because*

\_\_\_\_\_. *(Fill in this blank; you can ask an adult to help you.) I know I can always talk to you, my Jesus, and you will guide my heart to be grateful. Thank you for letting me see the color blue as the feeling that comes from trusting you, like the Blessed Virgin Mary. I know that blue expresses many other wonderful things too. I'm glad that you made all the colors in the world. I love you, Jesus! Amen.*





# 3

## Yellow

### HAPPY IN ALL THINGS

Yellow is the bright color of sunshine, smiley faces, and lemons. It is the color of bananas and sunflowers, squash and daffodils. Where else do you find the color yellow?

Have you ever heard someone say to you, “You are my sunshine”? It means that he or she was feeling very happy about knowing you.

We all feel happy, sometimes, and we like it when we do. When the sun is shining we love to be outside playing. And wearing a yellow dress or shirt makes us smile. Think about the color yellow when you feel happy, and it will seem just the right color to describe how you are feeling.

How do you think the child on the coloring page might be feeling? Do you think she is happy? What about her makes you think that? Is it how the eyes are like crescent moons? Is it the big smile? Look at the pattern on the clothes. Do they look like little suns?

Color the child on the coloring page using yellow where you think it should be. Think of times when you’ve been happy too. Did your face look and feel that way? Try to make a happy face right now. Do your feelings match what your face is doing?

#### **Prayer**

Jesus taught us that we can always come to him in prayer to thank him for good feelings. When you are feeling happy, remember that Jesus is happy when you are happy. He loves you and wants you to share your life with him. You can do that by praying to him, remembering that he gives all good things.

Here is a prayer just for you. Fill in the reason for your happiness (you can ask an adult to help you). Then say this prayer when you feel happy. In this way you are sharing your happiness with Jesus, who is just waiting to smile with you because he loves you so much.

*Dear Jesus,*

*Today I am feeling happy because \_\_\_\_\_ . (Fill in this blank; you can ask an adult to help you.) I know I can always talk to you, my Jesus, and you will guide my heart to be grateful. Thank you for letting me see the color yellow today as a way to express happiness. But I know that yellow expresses many other wonderful things too. I’m glad that you made all the colors in the world. I love you, Jesus! Amen.*

