

A Guide for Families

Mandalas, Candles, and Prayer: A Simply Centered Advent

#ColorYourAdvent



Mandalas, Candles, and Prayer offers a blend of coloring and prayer that allows families to share in devotional time together throughout the season of Advent. All ages can participate fully, making this practice an intergenerational bridge that is both meaningful and fun.

- Place the Advent wreath in a central location where all family members can see it throughout the day as a visible reminder of the Advent season.
- Set aside particular colored pencils or crayons that are only used for praying with mandalas. Family members (children, youth, adults, and older adults alike) will eagerly look forward to prayer time as an opportunity to use these special coloring instruments.
- Designate a weekly time for your family to gather together for prayer and coloring. Ideally, your family would gather on Sunday for the lighting of the Advent candle(s). You may also choose to meet on a weekday to keep the focus on God's light throughout the week. On Sundays, read the candle-lighting liturgy together, alternating who will lead the prayers, scripture, and song.
- Determine what length of time is best for silent coloring, depending on the ages and attention spans of your family members. Set a timer for the determined amount of time so that everyone can enjoy coloring without needing a timekeeper.
- Begin and end the time of silence with words from the liturgy.
- As time allows, continue coloring and talking together about your time of prayer. You can use the questions included at the end of the liturgy or simply invite your family members to share what they were thinking as they colored and prayed.
- End your family devotional time with the closing prayer (read by an individual or in unison).

Mandalas, Candles, and Prayer: A Simply Centered Advent, Garner, Sharon Seyfarth, Upper Room Books, 2017, pages 20-21 (used with permission).