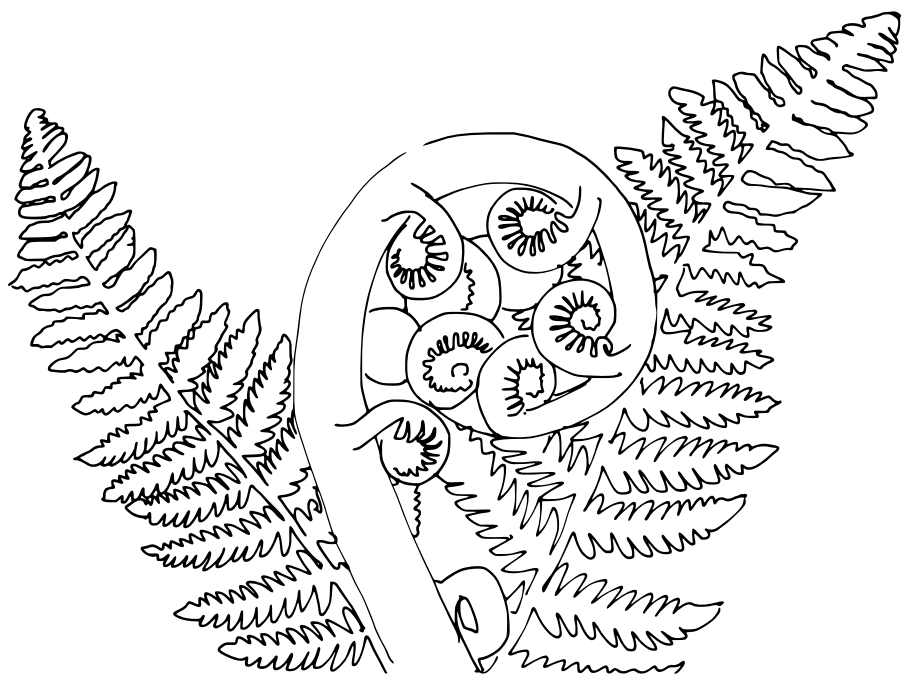


# TACTILE PRAYERS

For Kirstin, Mirjam, myself and others who need it.

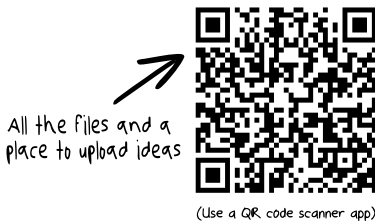




Wild Side Publishing  
PO Box 33, Ruawai 0549  
Northland, New Zealand  
wildsidepublishing.com

Written and designed by Rowan Cant  
Published October 2018

This book is non-copyright open source shareware. The QR code below links to a folder where you can download the book to print off pages or upload your own paraphrases, colourings, drawings, musings, usages or ideas.



All the files and a place to upload ideas

(Use a QR code scanner app)

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The author intends no harm, and the intended purpose of this book is for emotional and spiritual encouragement. Book and cover written and designed by Rowan Cant.

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First printing 2018 yourbooks.co.nz

Kia ora. Welome. Come on in and make yourself cosy. Sorry about the mess.

This book is designed to be drawn and written on. Don't be precious with it just because you think it would be good for a friend. Please mess this book up for your own sake. Feel free to skip pages, half complete pages or scribble pages out completely if they are too hard. If it says to do something on a page and you are being drawn to something else with it, do that.

Some of the activities are purposefully vague because we're all pretty unique and God speaks to us differently at different times. Don't worry about manners. God isn't insecure. God can handle your doubts, accusations, tears and un-polished drawing skills. There is grace for that. You can colour outside the lines.

Over the page, there is an index to help you find activities around themes and moods. Use them lightly, have a flick through the book and see what calls or make up your own system by marking the corners of the pages.

This book is non-copyright open source shareware. The QR code on the previous page links to a folder where you can download the book to print off pages or upload your own paraphrases, colourings, drawings, musings, usages or ideas.

Some stuff you might find really helpful. You can download and print out that page separately and do it over and over if you want. Stick them in your journal, print them out as small group activities or for prayer spaces. Basically, if this book helps you process or pray, it's being used correctly.

This book was made during a time of grief. It was a welcome distraction from the wreckage within, but also a way to reflect. I no longer knew how to pray. Time alone was difficult. This book is full of questions I needed to ask and things I needed to process. I pray that it serves you as it has served me.

This book has been inspired by a bunch of social work and youth work assessment tools, creative journals and worship spaces on pinterest, daily prayers with my UV team, the enthusiasm and creativity of my wife Kirstin, Malcolm Gordon, Cheryl Harray, and the Dadds. Thanks also all the amazing kickstarter backers who blew me away with their generosity and Wild Side Publishing who understood the book.

So thanks to all of you guys.

Rowan



# INDEX

Page corner key

Started	/		
Done	x		

Pages are ticked to show the general themes or uses of a page.

You can add your own themes on the grid or mark the corners of pages with symbols or colours.

	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	18	19	20	21	22	23	24	26	27	28	29	30	31	32	33	34	35			
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Petition					✓		✓	✓						✓																			✓		
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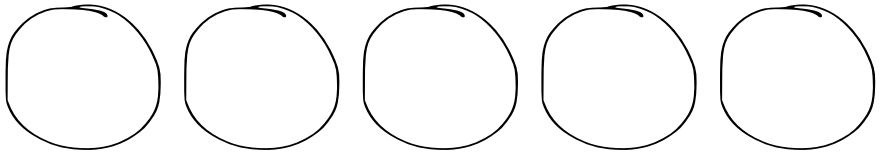
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← Add your colour codes or symbols to the corner of pages for quick reference.

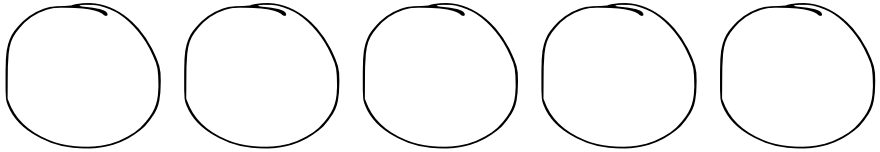



# Key to understanding my moods

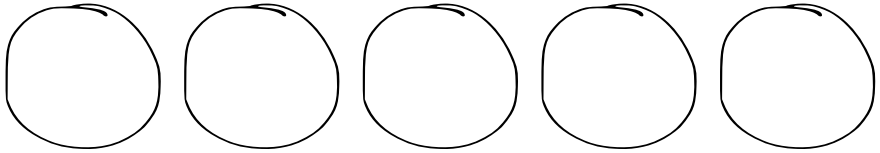
(Fill them in as you discover new moods to describe. There's no rush.)



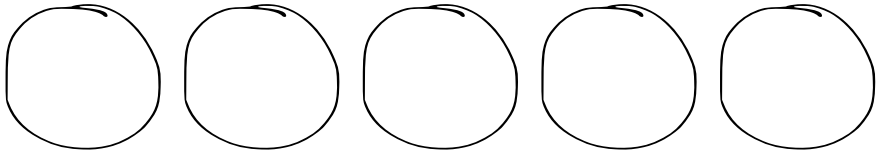
Mood _____ Colour or Symbol <input type="text"/>	Mood _____ Colour or Symbol <input type="text"/>	Mood _____ Colour or Symbol <input type="text"/>	Mood _____ Colour or Symbol <input type="text"/>	Mood _____ Colour or Symbol <input type="text"/>
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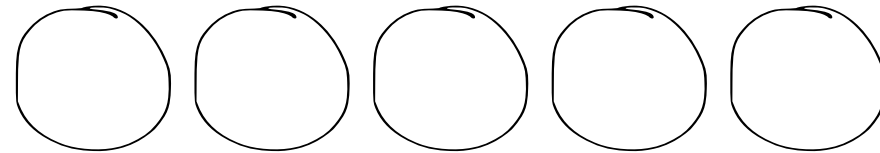
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Mood _____ Colour or Symbol <input type="text"/>	Mood _____ Colour or Symbol <input type="text"/>	Mood _____ Colour or Symbol <input type="text"/>	Mood _____ Colour or Symbol <input type="text"/>	Mood _____ Colour or Symbol <input type="text"/>
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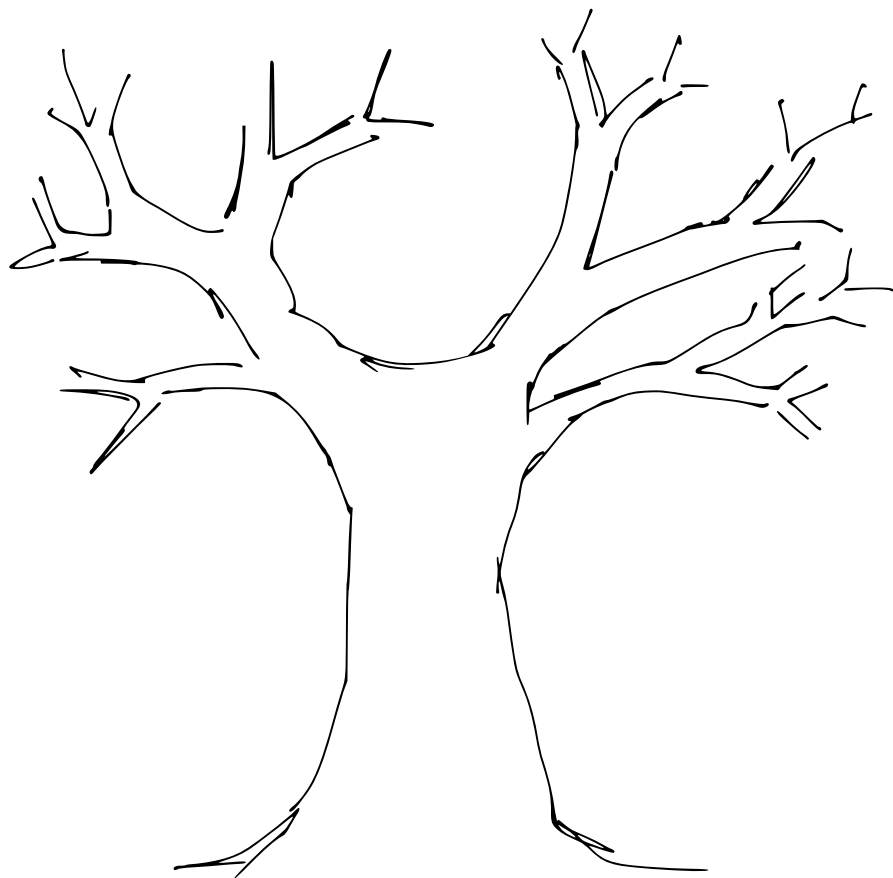


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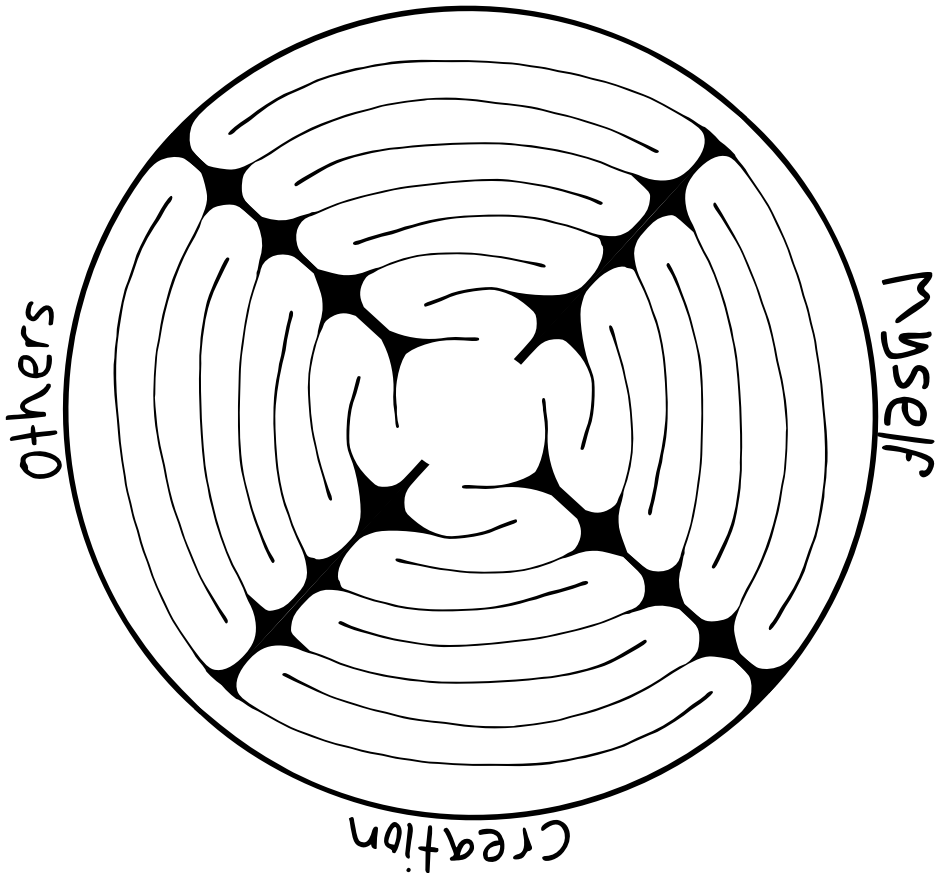
What Season  
of life are  
you in?



Take time to reflect as you add leaves, snow, blossoms, birds, fruit, branches, knots, rain, sun, colours, insects or other details.

what does it look like to  
have restored relationships with

God



# THE LORD'S PRAYER

Write your own paraphrase

Our Father, which art in heaven,

Hallowed be thy Name

Thy Kingdom come.

Thy will be done in earth, As it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

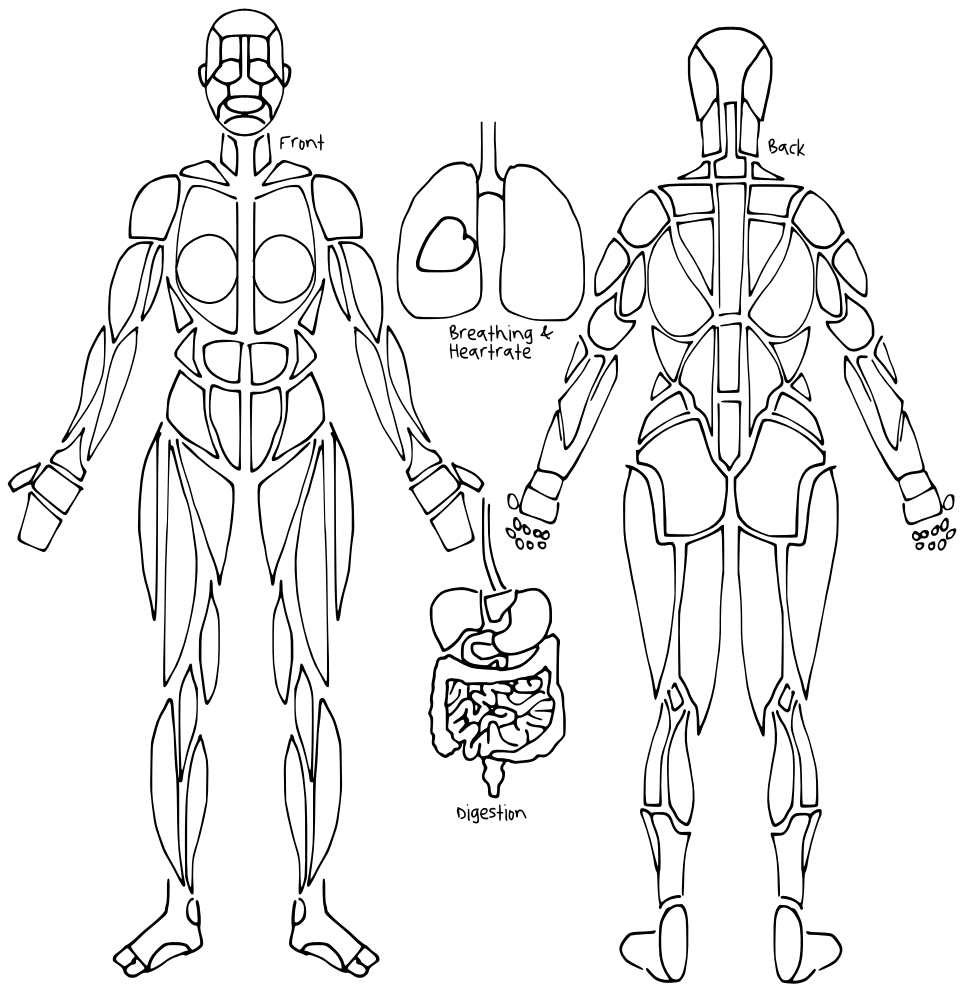
As we forgive them that trespass against us.

And lead us not into temptation,

But deliver us from evil.

For thine is the kingdom, the power, and the glory,

For ever and ever. Amen.



Take some time to be aware of your body.

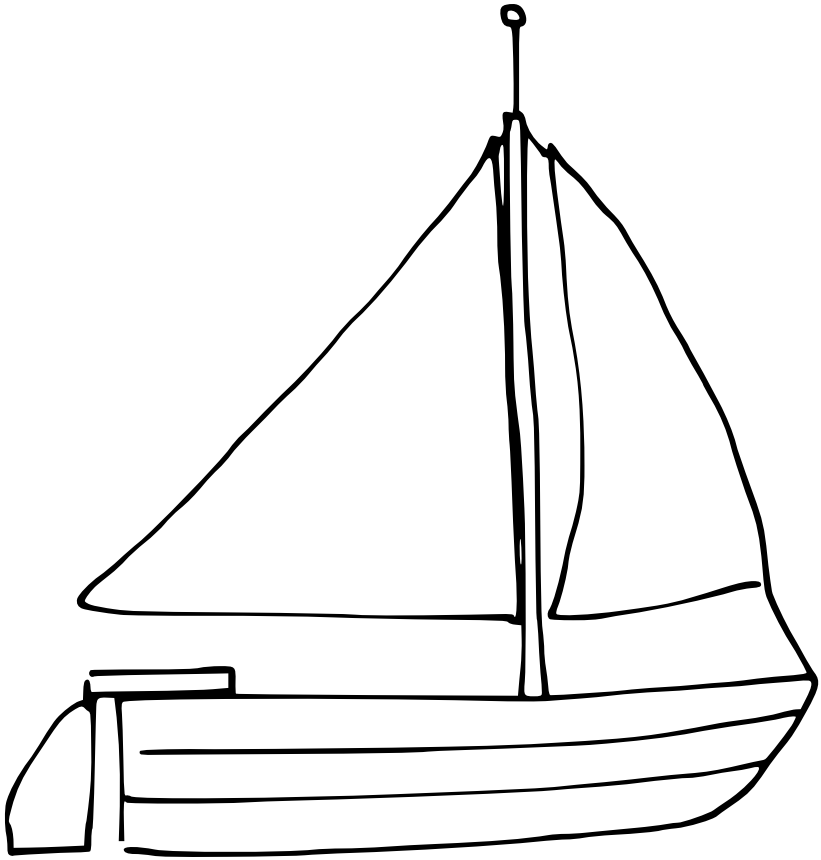
Colour in the parts as you notice them.

Notice, tighten, relax and reflect as you go.

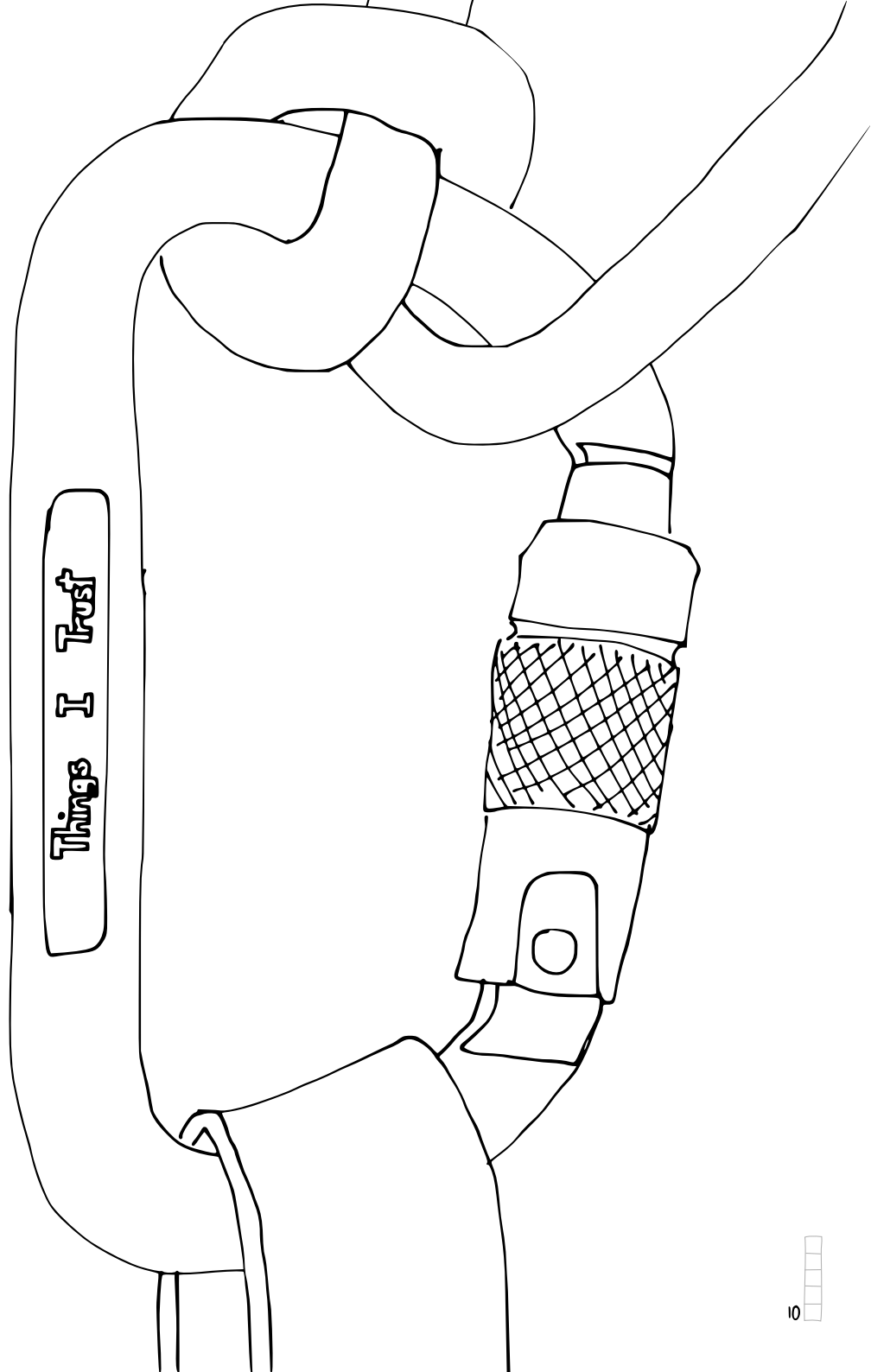
# What postures do you pray in?

Colour them as you try them, or draw your own.

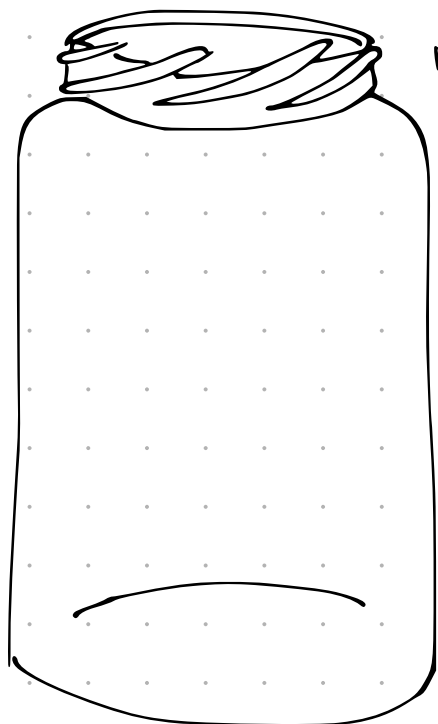




How's the weather  
you are journeying in?



Things I Trust



**TEAR  
JAR**

Add your tears  
in this jar,  
drawn, written,  
coloured or real.

**QUESTIONS**

**DOUBTS**

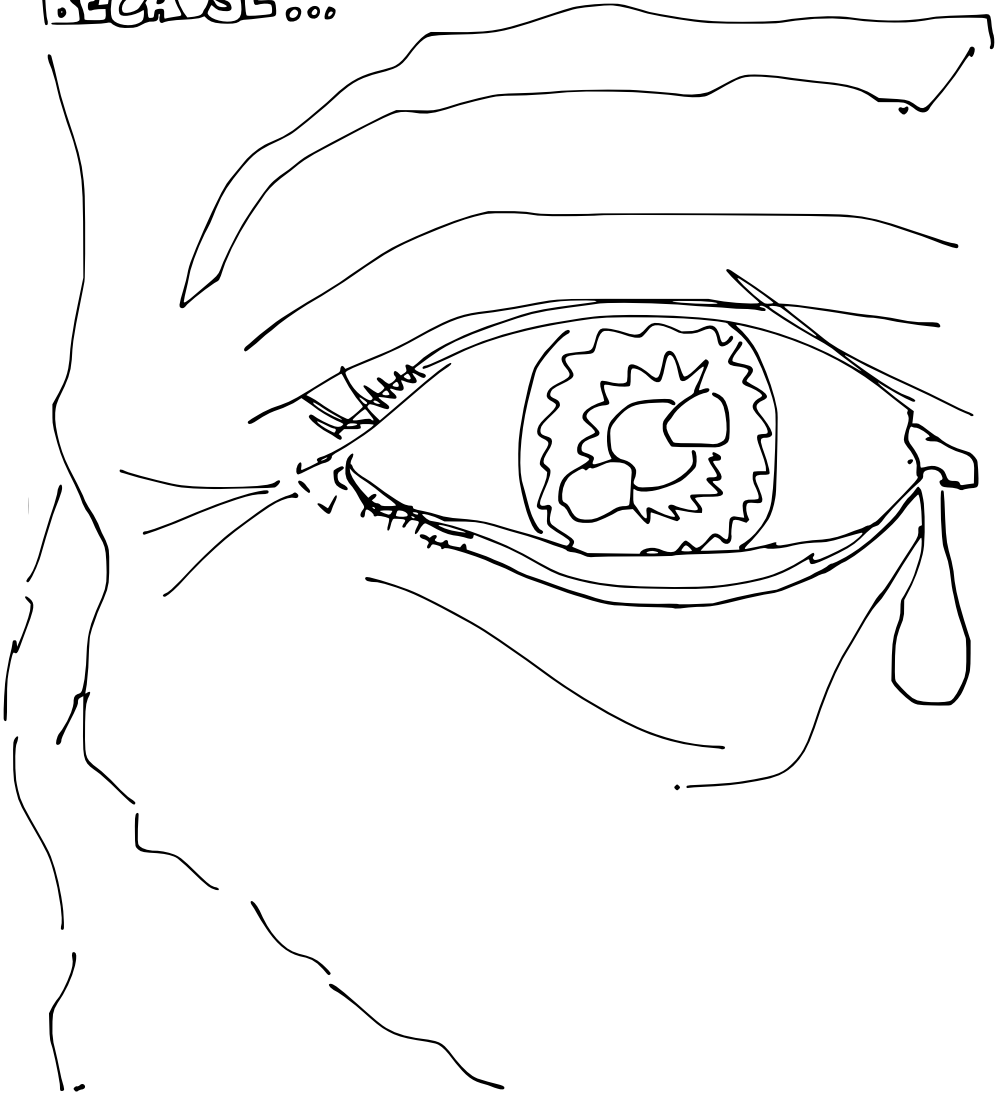
**LAMENTATIONS**

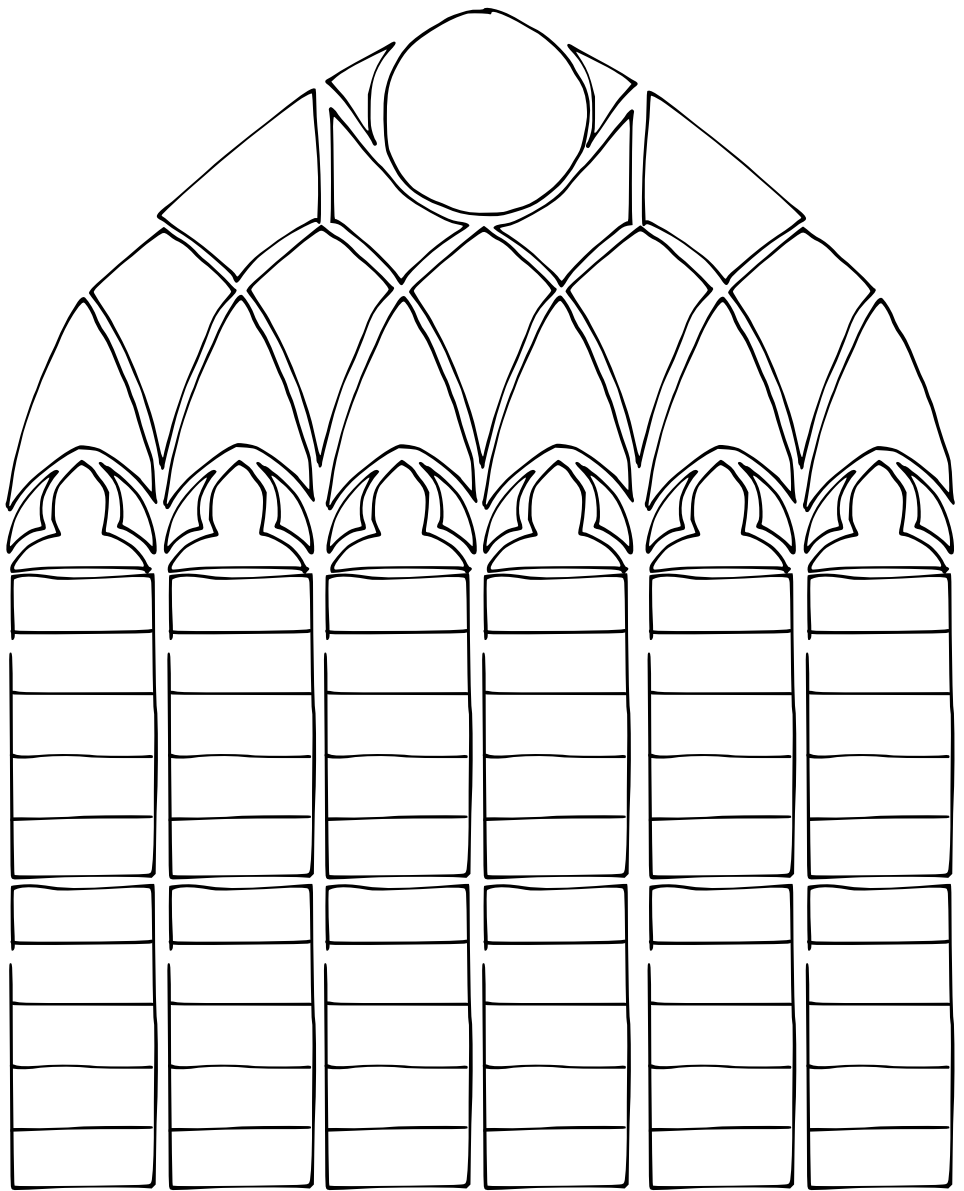


**HEAVY  
THINGS**



JESUS  
IS CRYING  
BECAUSE...





MAKE YOUR OWN  
STAINED GLASS WINDOW

Stuff I do that I don't mean to do

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People I have hurt

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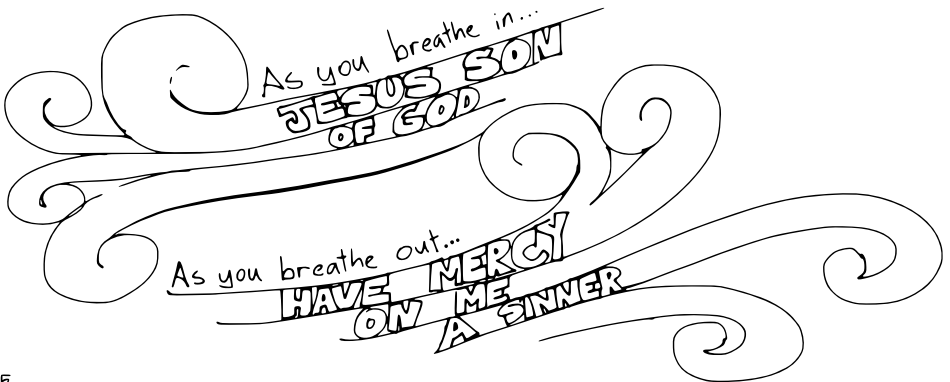
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GOD SO LOVED...

THAT HE GAVE



# KING VS

Caesar  Herod  Pilate  British Crown  Government  other

Birthplace

---

Dwelling

---

Possessions

---

Kingdom expanded by

---

Spends time with

---

Rides on

---

Treatment of enemies

---

Key messages

---

---

---

---

Greatest achievement

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Jesus

Birthplace

Dwelling

Possessions

Kingdom expanded by

Spends time with

Rides on

Treatment of enemies

Key messages

Greatest achievement

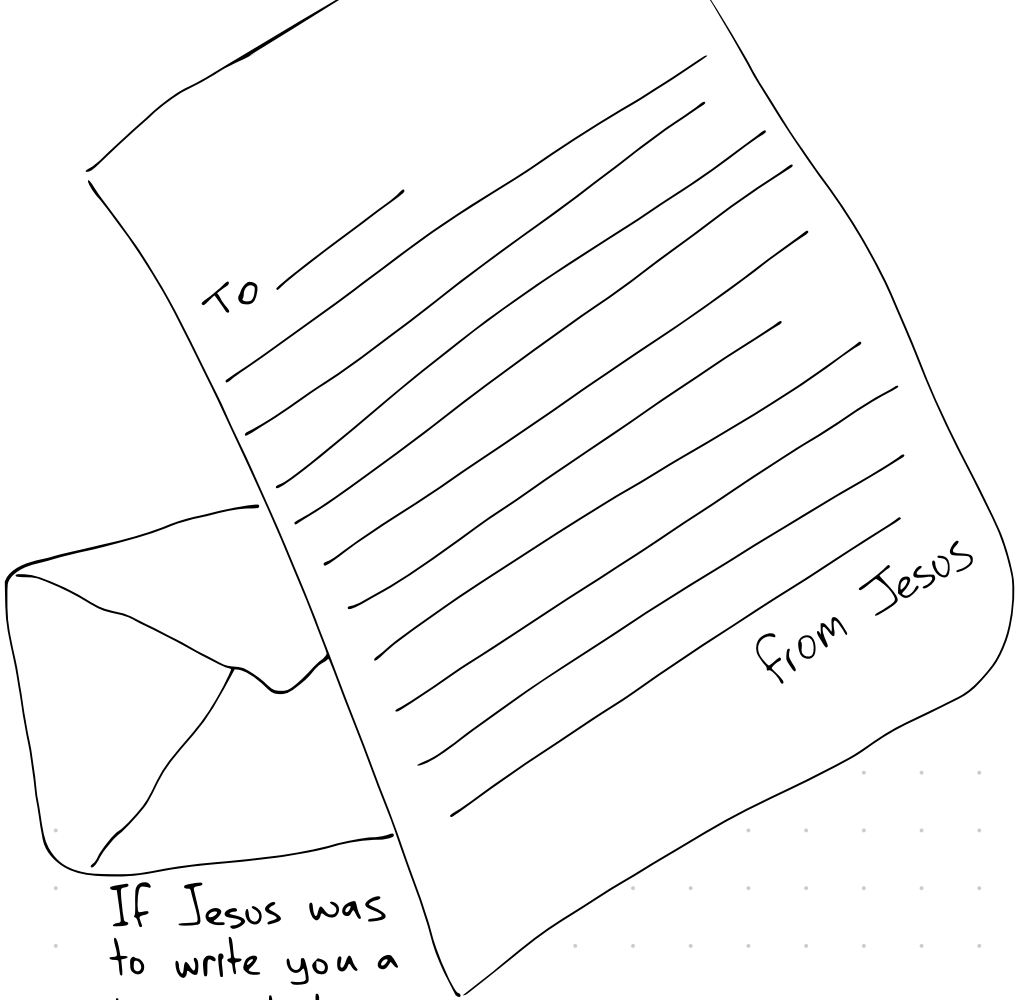




DESPITE  
WHAT I  
KNOW,  
I STILL  
PICTURE  
GOD LIKE...



WHAT IS  
JESUS  
LAUGHING  
ABOUT?



If Jesus was  
to write you a  
letter, what  
would he say?



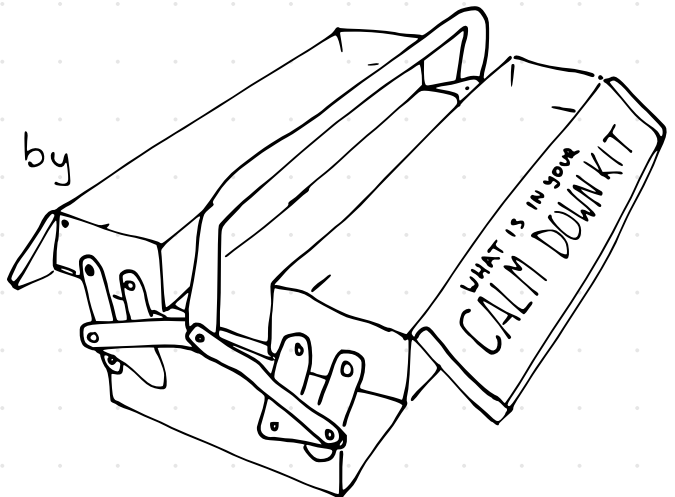
I get angry when

I take it out on \_\_\_\_\_ by

and I feel

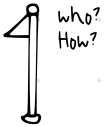
I find it helpful  
when people

I calm down by





# EIGHT PEOPLE WHO IMPACTED MY LIFE



Character traits

Values



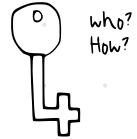
Character traits

Values



Character traits

Values



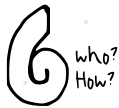
Character traits

Values



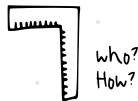
Character traits

Values



Character traits

Values



Character traits

Values



Character traits

Values



# FOR FAMILY

What is good?  
What gives me hope?  
What is working?

THE HOPE

THE LAMENT

What do I want to see change?  
What am I longing for?  
What do I cry for?

# FOR MY FRIENDS

THE HOPE

THE LAMENT

FOR MY COMMUNITY

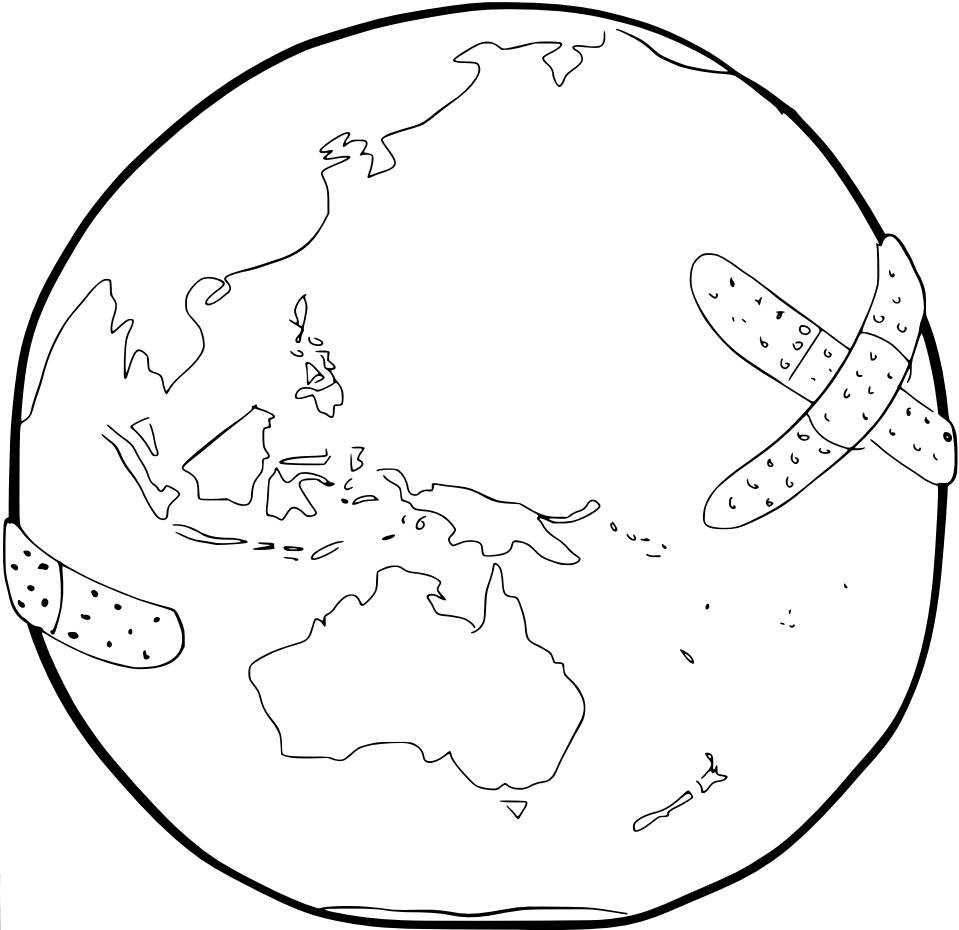
THE HOPE  
THE LAMENT

FOR THE WORLD

THE HOPE  
THE LAMENT



What needs to be patched up?





# THE BEATITUDES

Write your own paraphrase

Matthew 5:3-11

3 "Blessed are the poor in spirit for theirs is the kingdom of heaven.

4 Blessed are those who mourn for they will be comforted.

5 Blessed are the meek, for they will inherit the earth.

6 Blessed are those who hunger and thirst for righteousness,  
for they will be filled.

7 Blessed are the merciful, for they will be shown mercy.

8 Blessed are the pure in heart, for they will see God.

9 Blessed are the peacemakers, for they will be called children of God.

10 Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.

11 Blessed are you when people insult you, persecute you and falsely say all  
kinds of evil against you because of me.

12 Rejoice and be glad, because great is your reward in heaven, for in the  
same way they persecuted the prophets who were before you.

Sometimes I think...

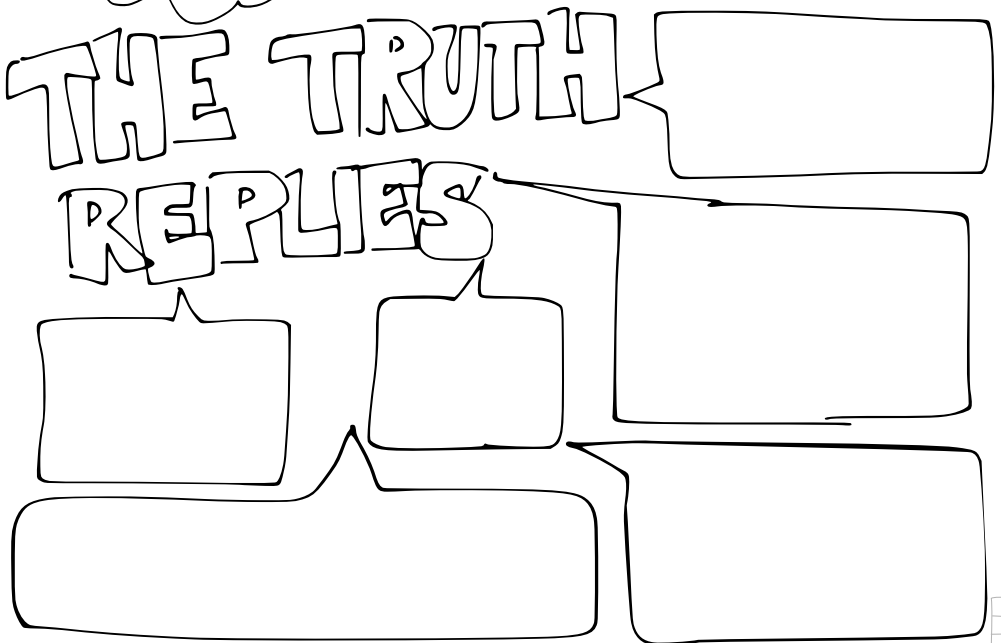
People wouldn't \_\_\_\_\_

if they knew...

Are you sure?



LIES I TELL  
MYSELF

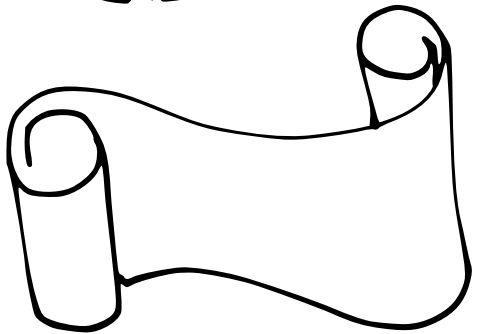
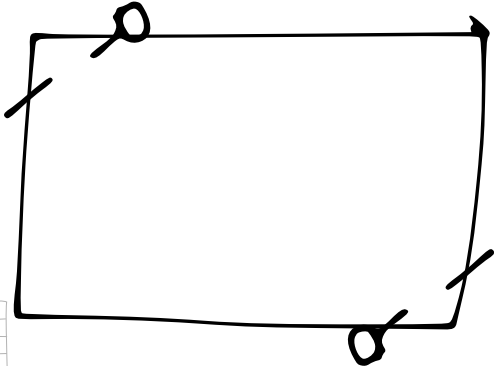
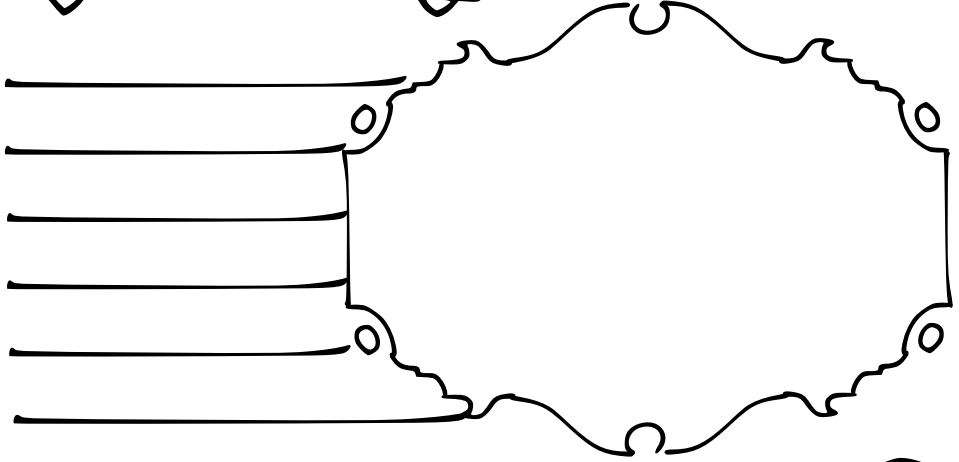
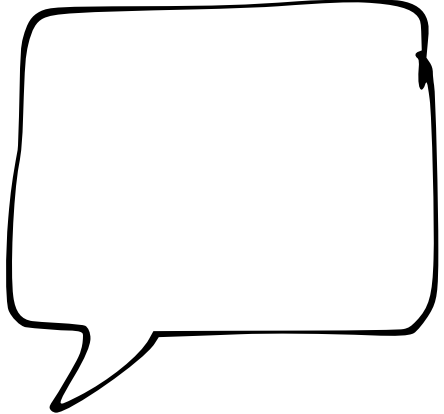
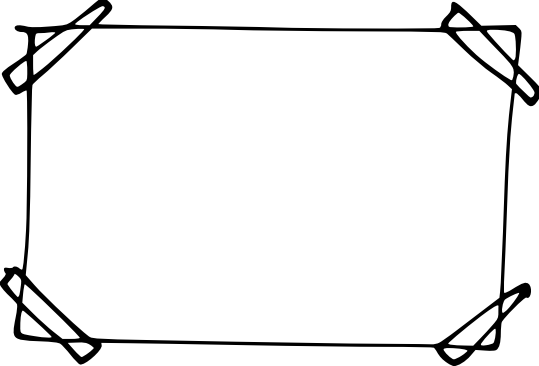


FAV QUOTES  
AND VERSES

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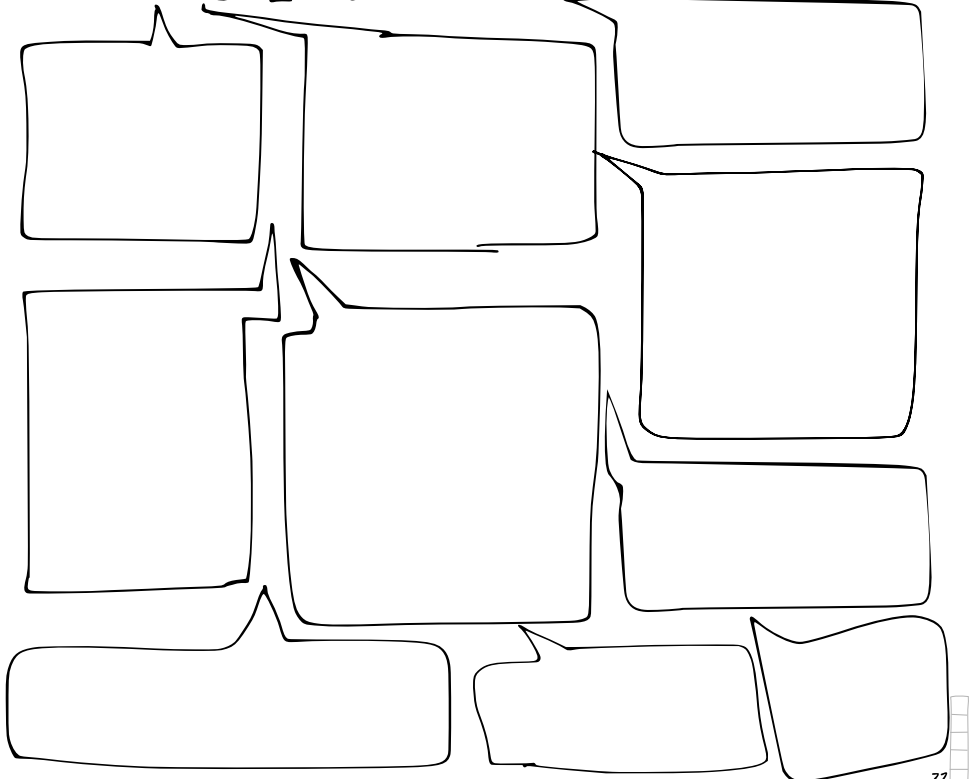
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you have heard it said<sup>ooo</sup> Matt 5-6

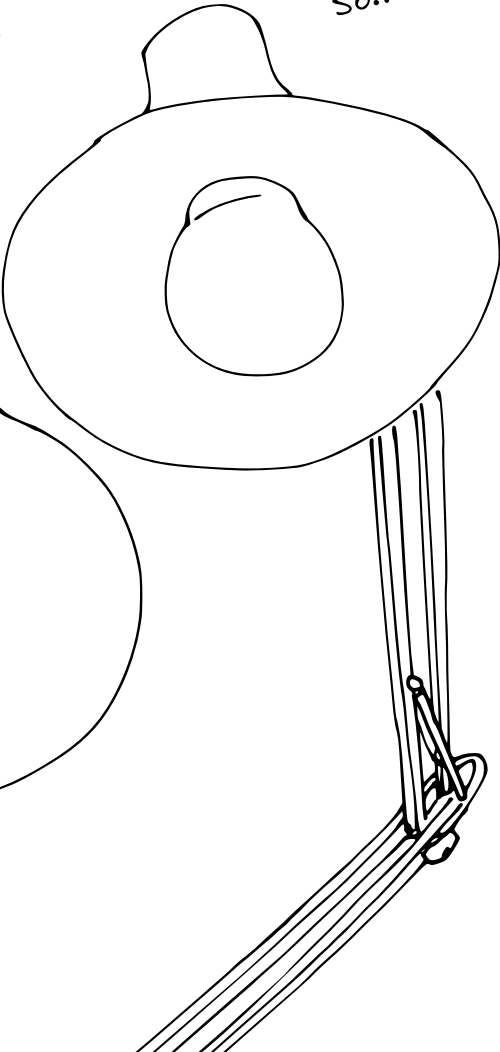
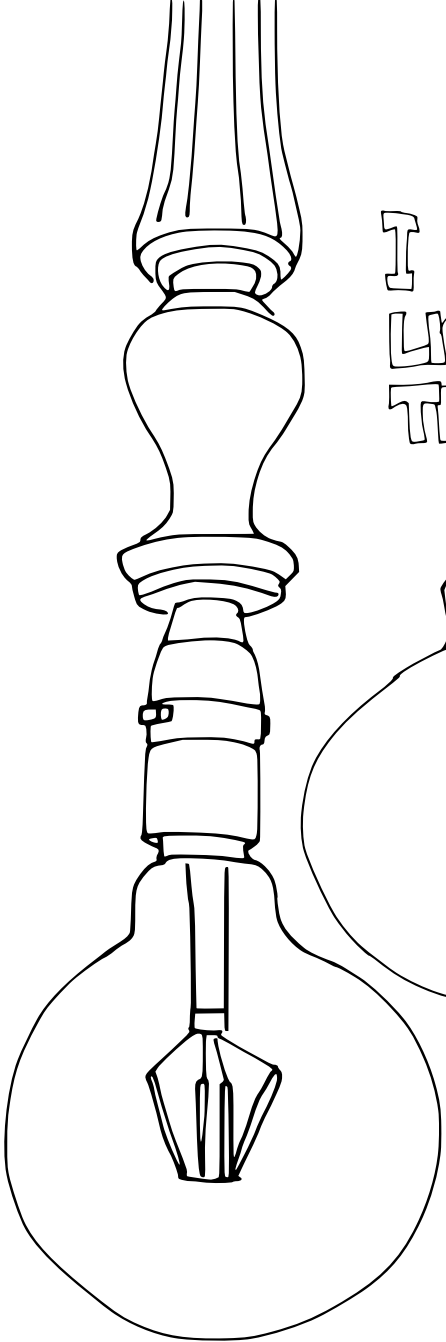
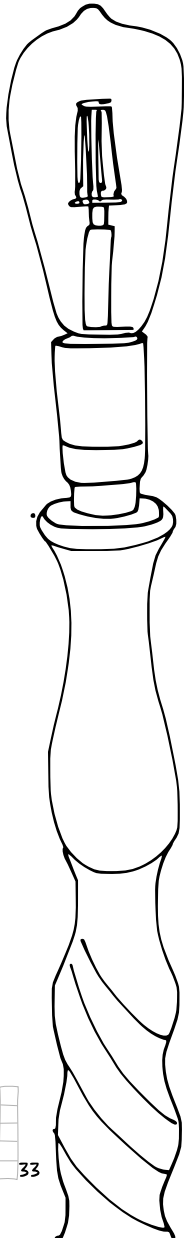


BUT I SAY<sup>ooo</sup>



I AM THE  
LIGHT OF  
THE WORLD

Jesus  
said  
so...



# THE FRUITS OF THE SPIRIT

Write your own paraphrase

Galatians 22-25

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness,

---

goodness, faithfulness, 23 gentleness and self-control.

---

Against such things there is no law.

---

24 Those who belong to Christ Jesus have crucified the flesh with its  
passions and desires.

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25 Since we live by the Spirit, let us keep in step with the Spirit.

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Is this a complete list? What other fruits would you include?

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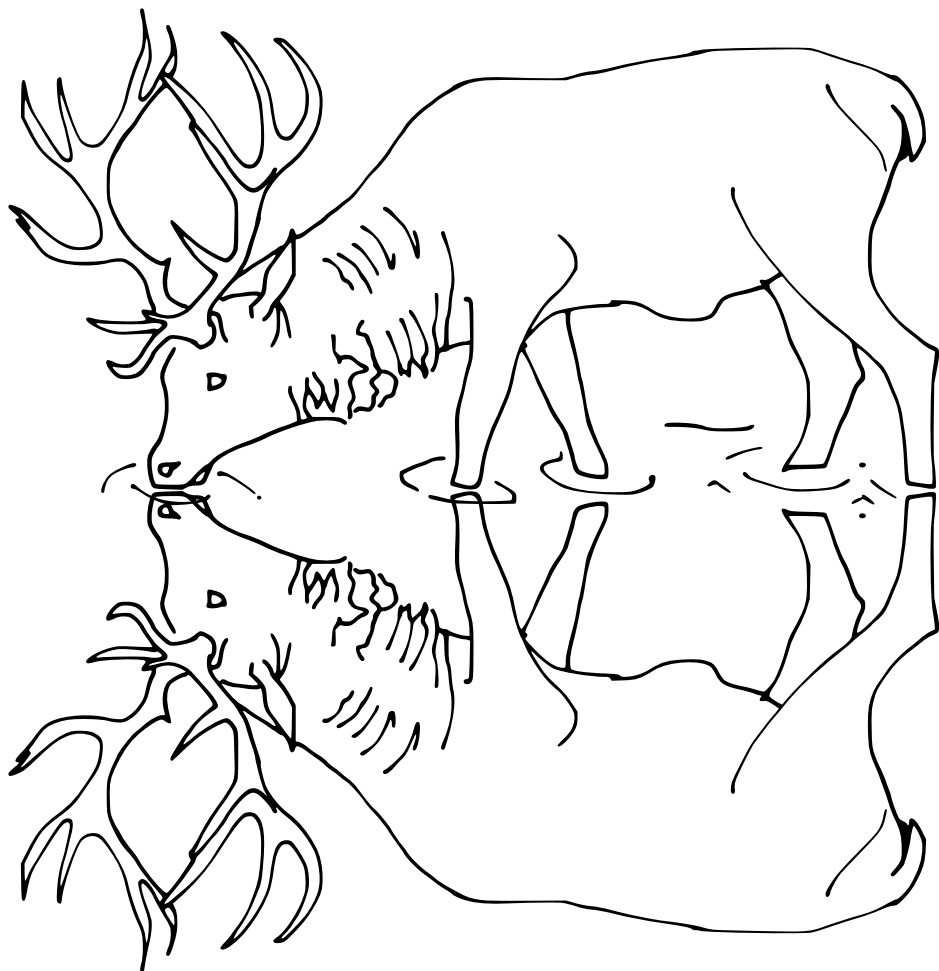
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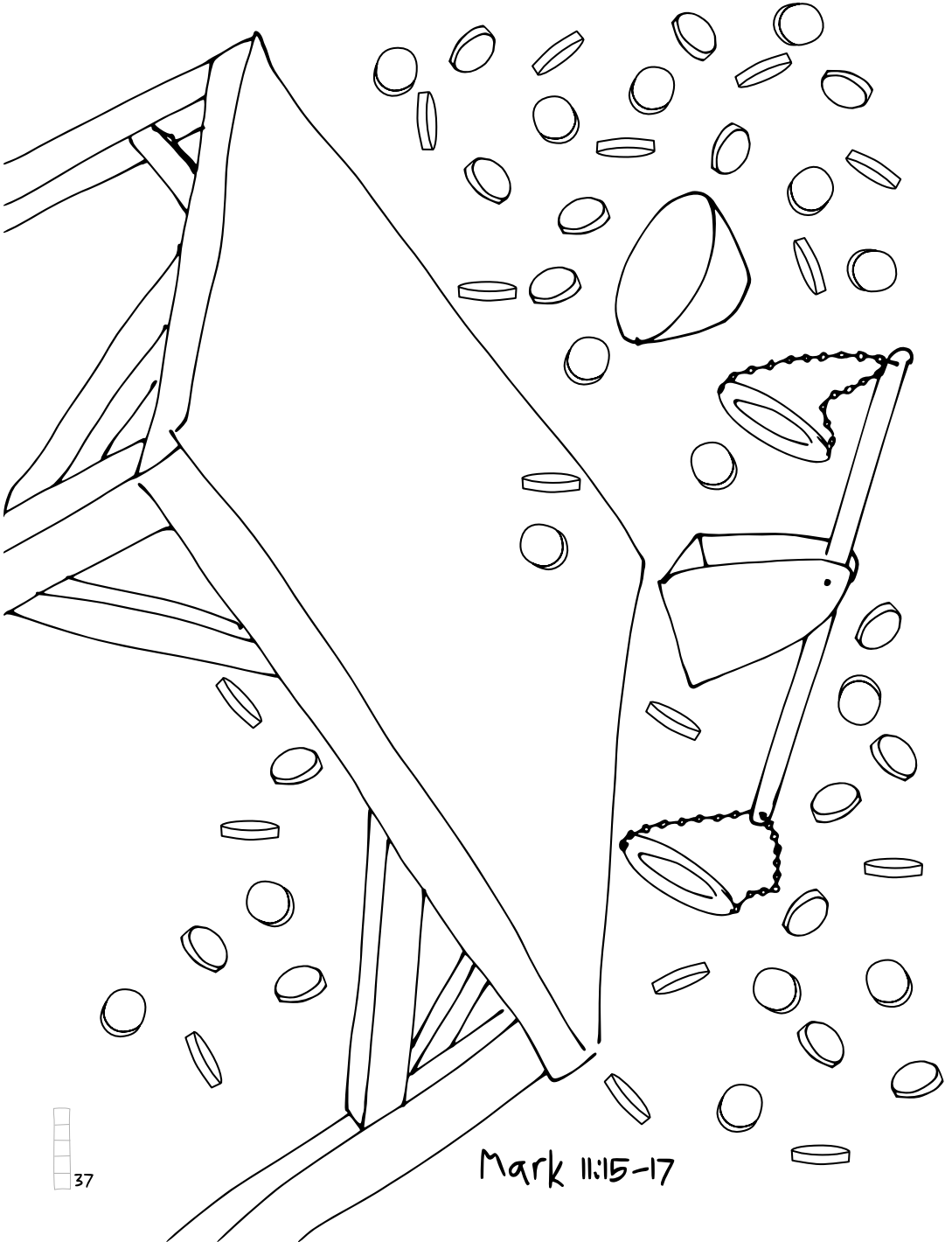




AS THE DEER LONGS  
FOR WATER,  
SO MY SOUL LONGS FOR...



# WHICH TABLES DO YOU WANT FLIPPED?



Mark 11:15-17

# A PRAYER FOR THE EPHESIANS

Write your own paraphrase

Ephesians 3:14-21

14 For this reason I kneel before the Father,

15 from whom every family in heaven and on earth derives its name.

16 I pray that out of his glorious riches he may strengthen you

with power through his Spirit in your inner being,

17 so that Christ may dwell in your hearts through faith.

And I pray that you, being rooted and established in love,

18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,

19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

LOVE THY Noisy NEIGHBOUR  
LOVE THY \_\_\_\_\_ NEIGHBOUR  
LOVE THY \_\_\_\_\_ NEIGHBOUR  
LOVE THY \_\_\_\_\_ FRIEND  
LOVE THY \_\_\_\_\_ FRIEND  
LOVE THY \_\_\_\_\_ FRIEND  
LOVE THY \_\_\_\_\_ FRIEND  
LOVE THY \_\_\_\_\_ FRIEND  
LOVE THY \_\_\_\_\_ FRIEND  
LOVE THY \_\_\_\_\_ COLLEAGUE  
LOVE THY \_\_\_\_\_ COLLEAGUE  
LOVE THY \_\_\_\_\_ COLLEAGUE  
LOVE THY \_\_\_\_\_ ENEMY  
LOVE THY \_\_\_\_\_  
LOVE THY \_\_\_\_\_  
LOVE THY \_\_\_\_\_  
LOVE THY \_\_\_\_\_  
LOVE THY \_\_\_\_\_  
LOVE THY \_\_\_\_\_  
LOVE THY \_\_\_\_\_

Look up 1 Corinthians 13 for ideas

LOVE IS

LOVE IS NOT

I WANT TO PLANT \_\_\_\_\_  
IN \_\_\_\_\_'S LIFE & I WILL

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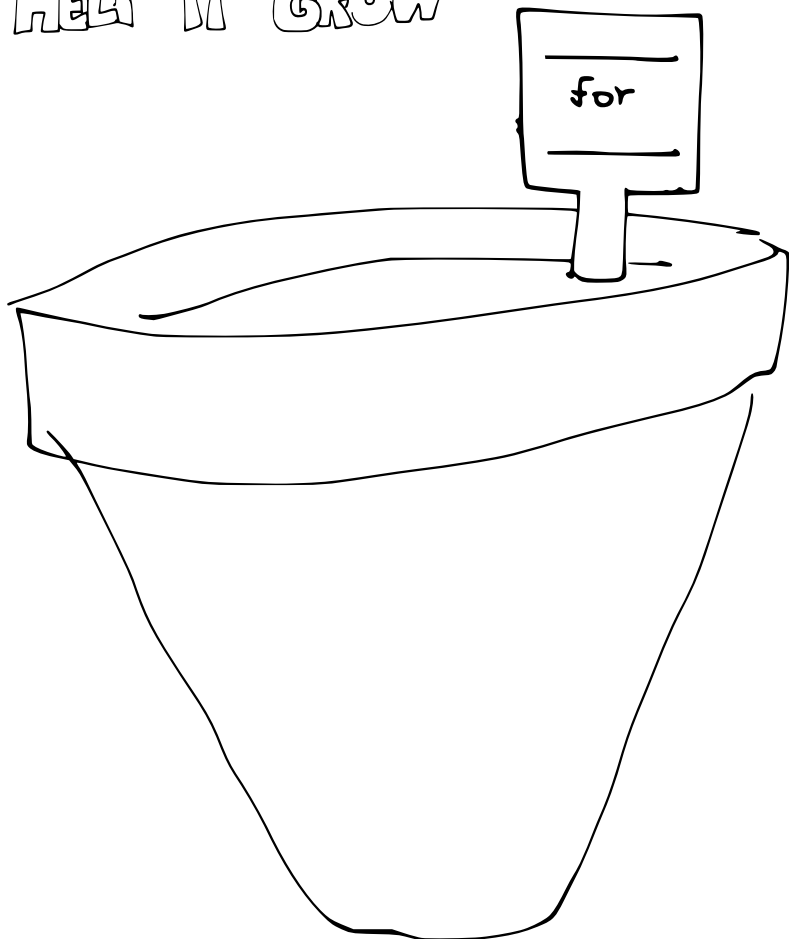
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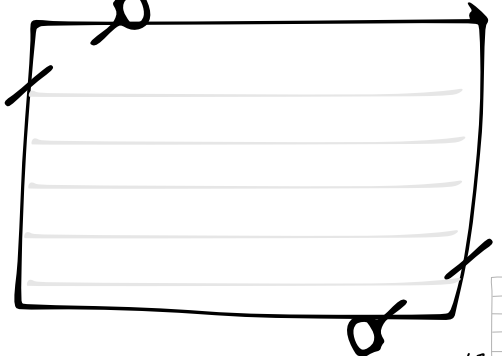
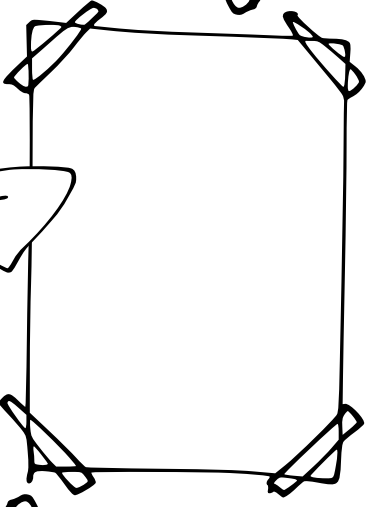
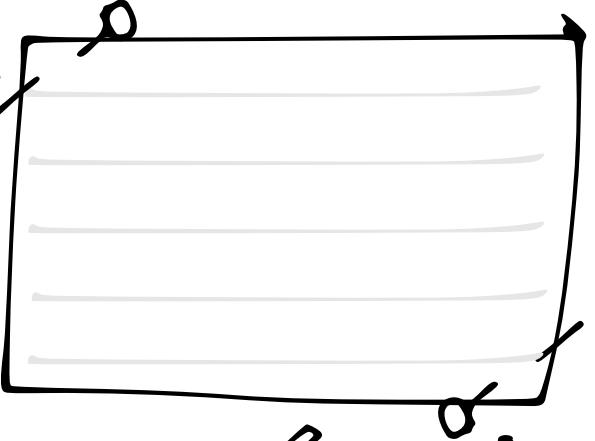
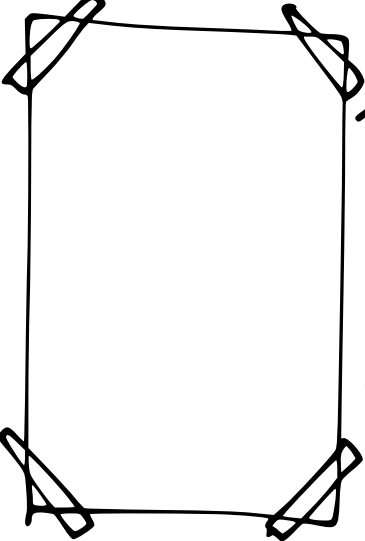
---

TO HELP IT GROW



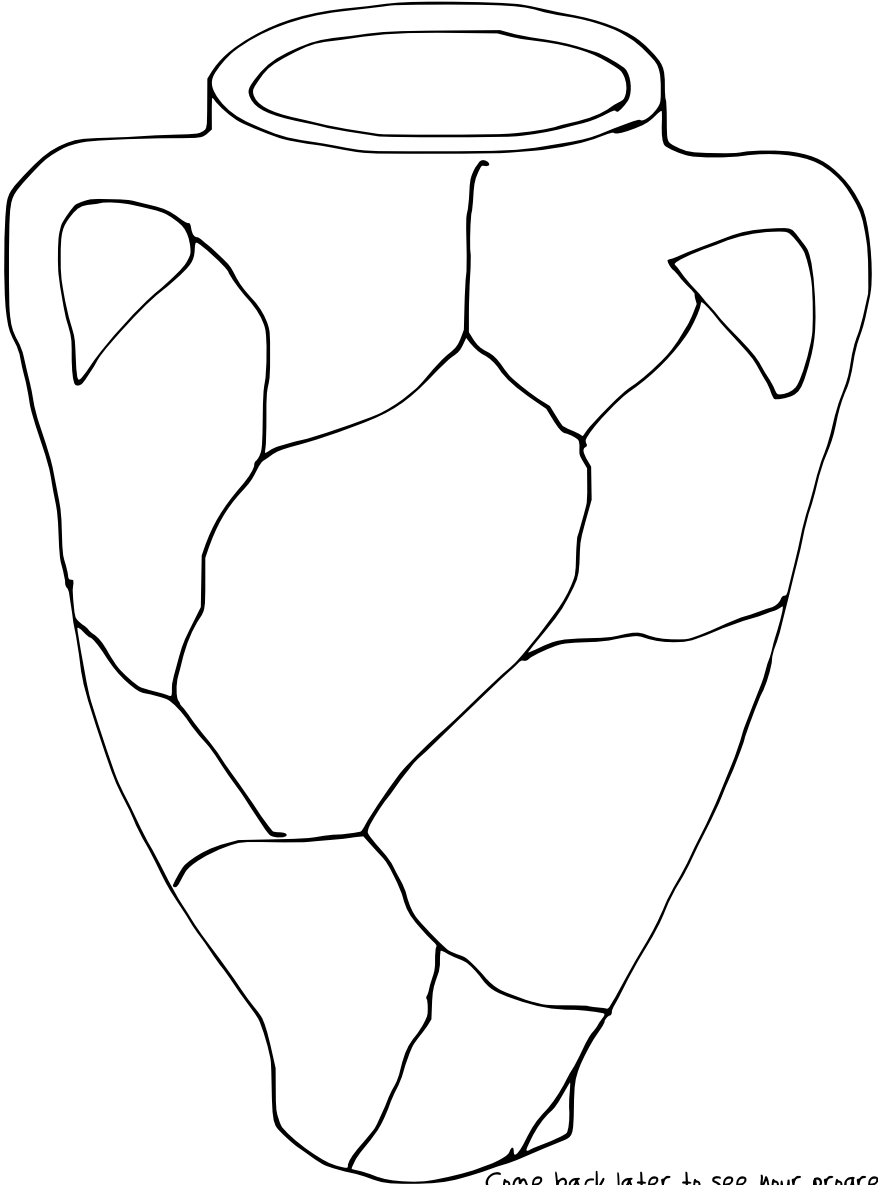


# Thankyou notes



# TO FORGIVE LIST

Draw or write something to represent people,  
actions or events that you would like to try to forgive.

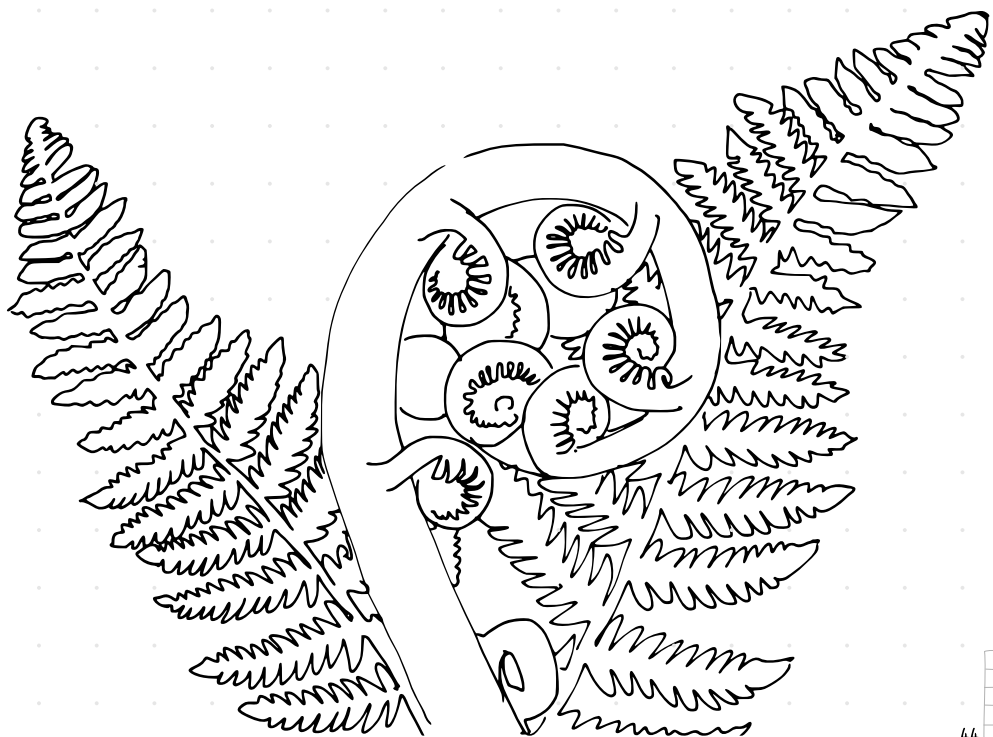


Come back later to see your progress

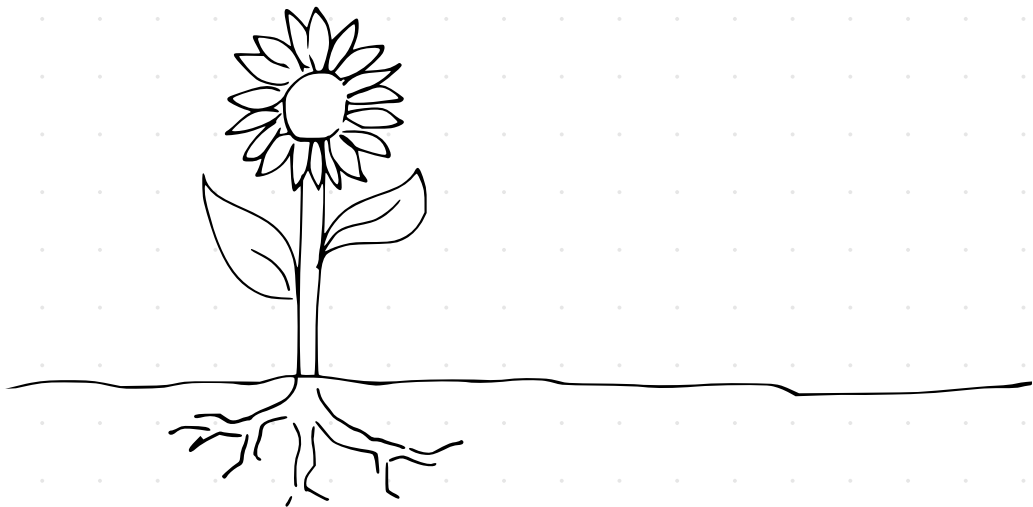


## Fern Fronds.

While you colour this,  
take time to consider  
what is new growth  
for you?

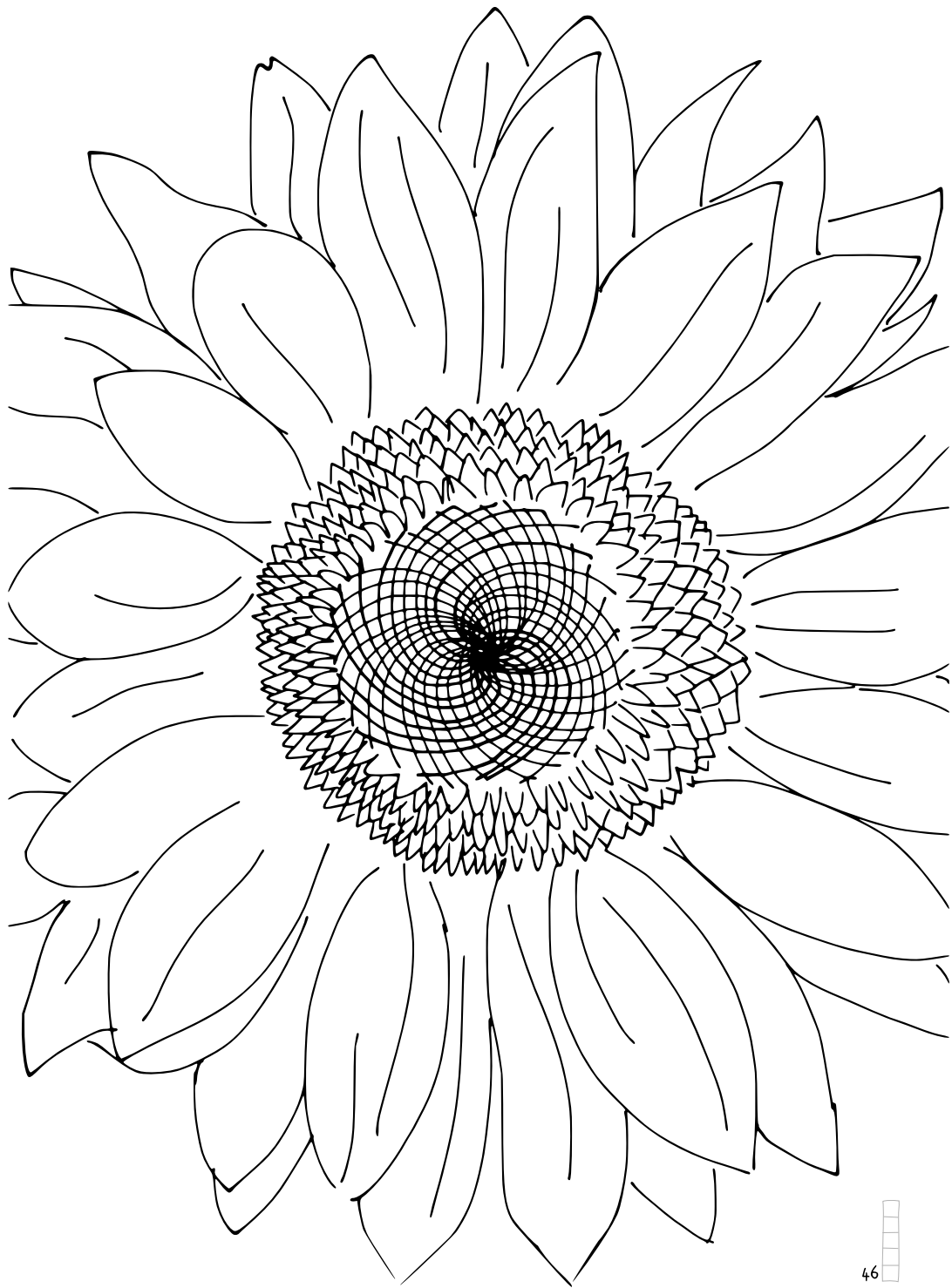


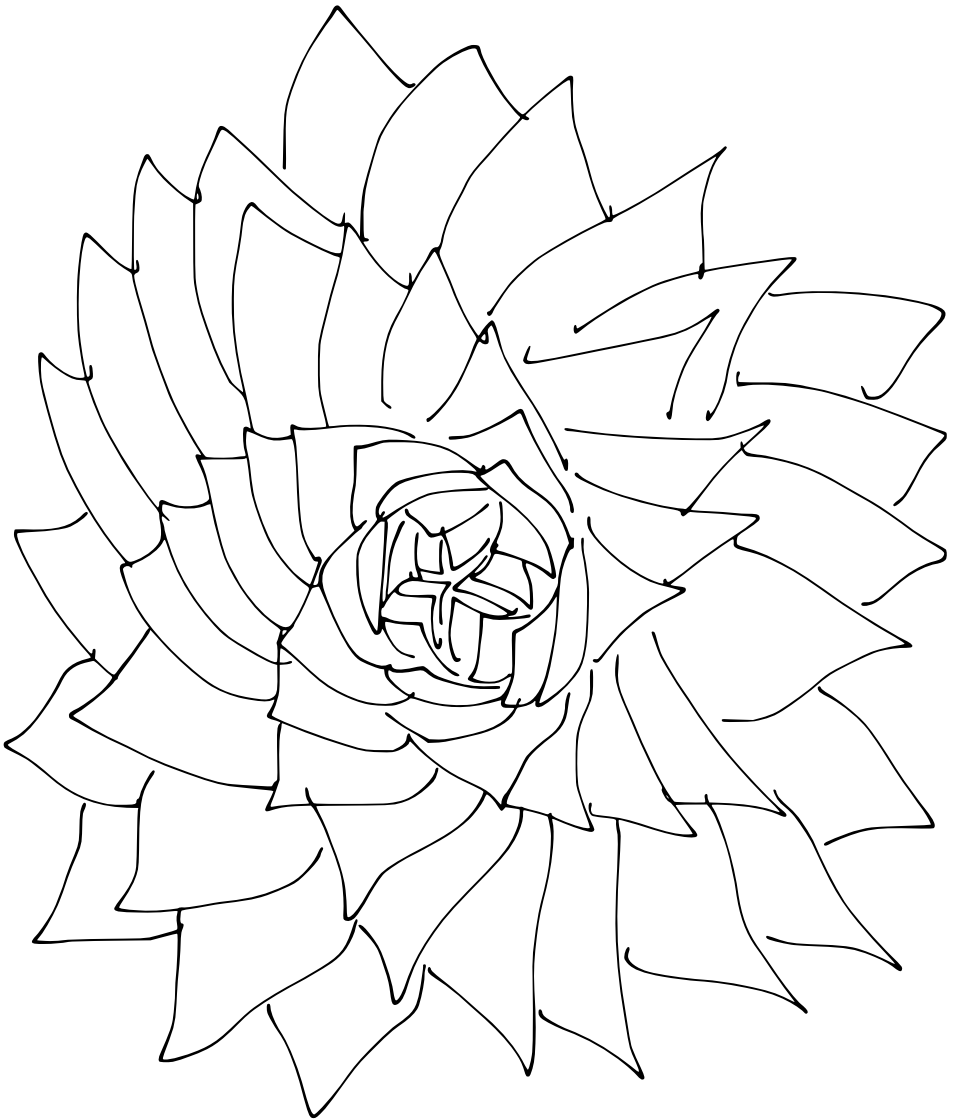
WHAT DO I LET  
PEOPLE SEE?



WHAT SITS  
UNDER THE  
SURFACE?



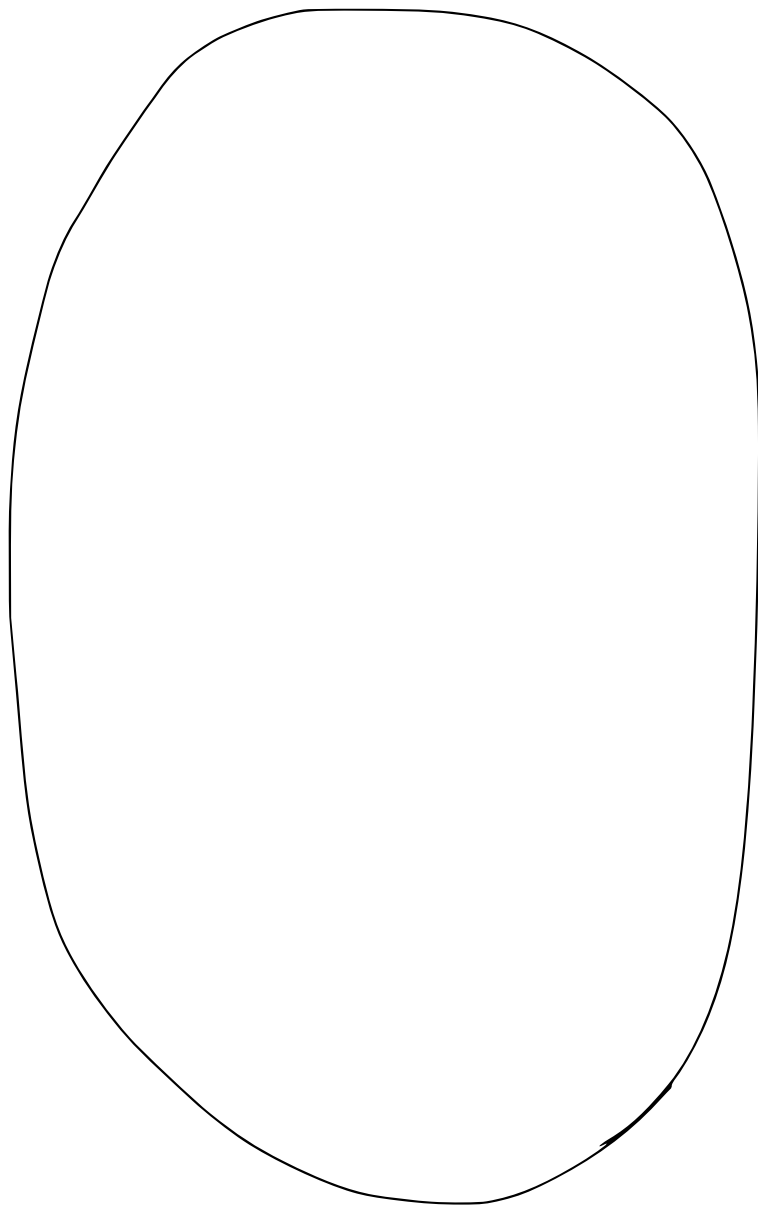




This succulent is super easy to care for.  
What parts of you have grown and matured without much attention?

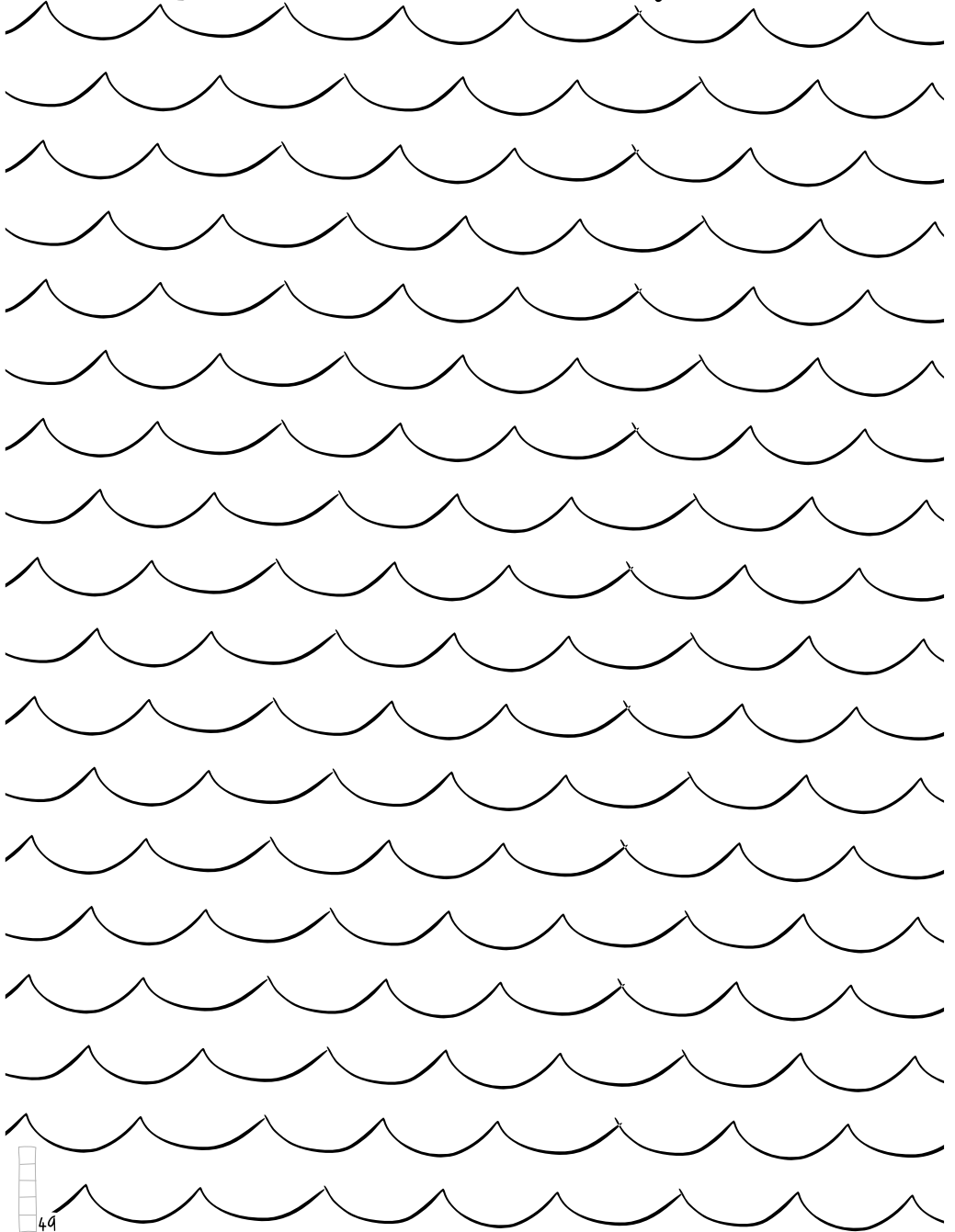
# STUDY YOUR FINGERPRINT

Draw it here



Jesus, speak peace to my waves. Mark 4:35-41

PEACE BE STILL!





IN  
MY  
HEART

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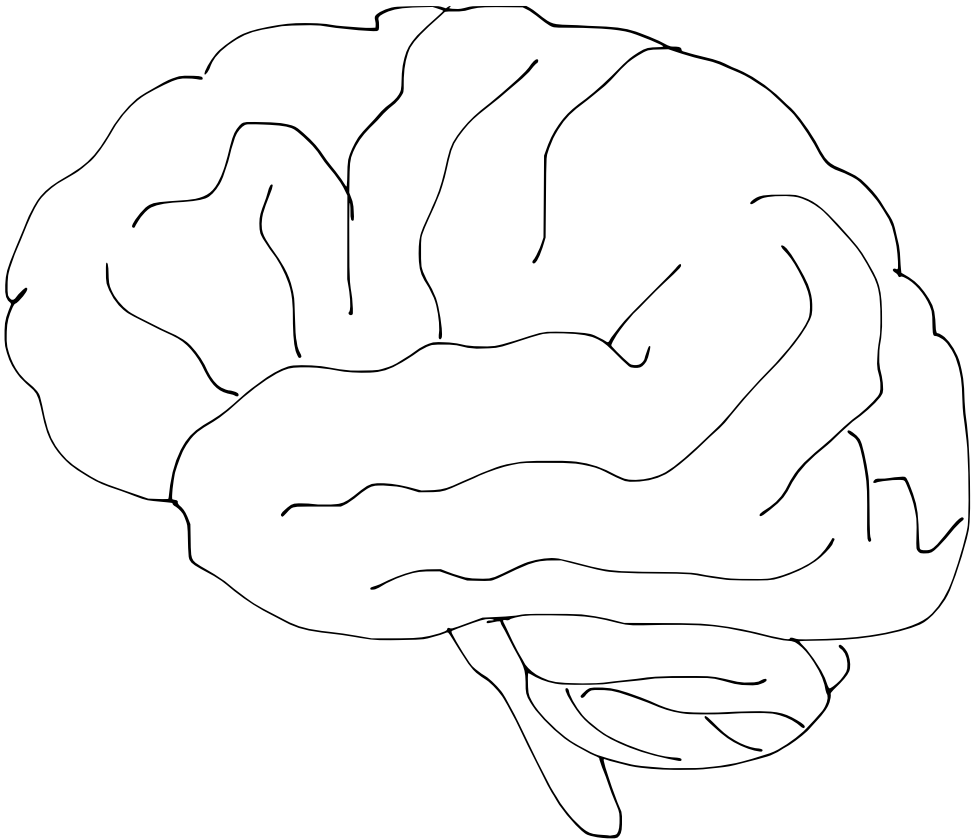
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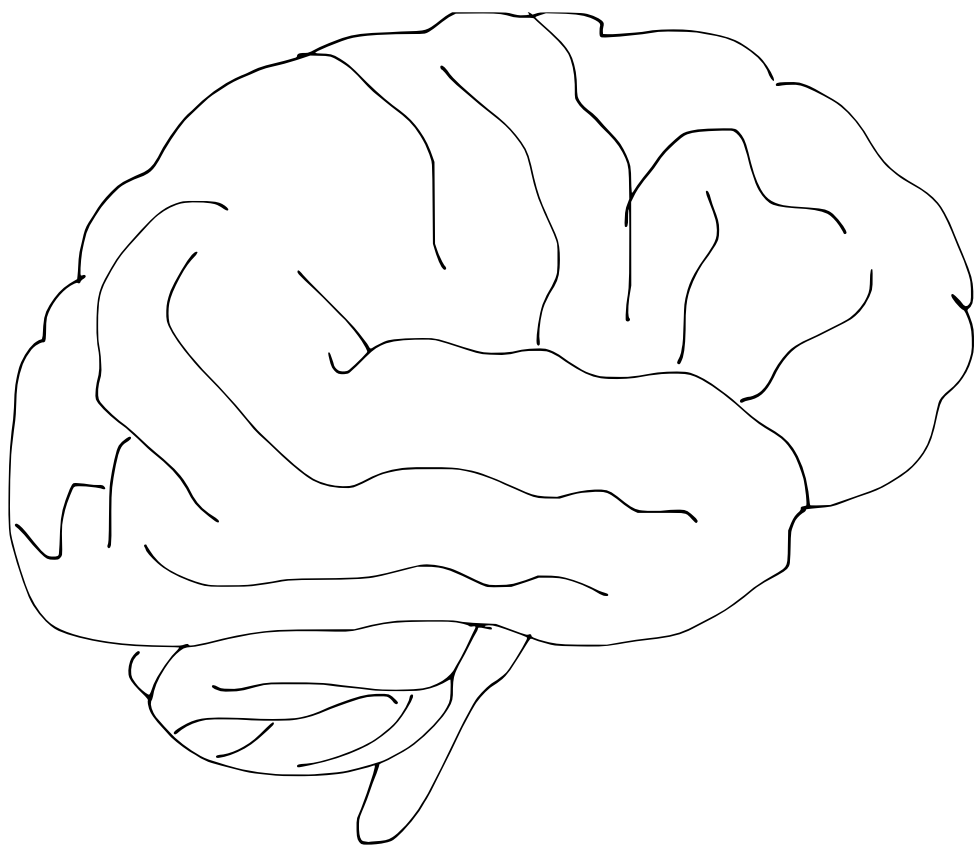
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Critically evaluate your use of this book.  
What do you think about this whole thing?  
What parts of the book do you avoid?  
Fill the left brain with your analysis.



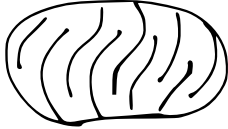


Get creative on this whole right brain page



# HOW DO YOU FUNCTION?

## Cranium



Logic  
Reason  
Speech  
Creativity

## Midbrain



Emotions  
Memory Making  
Danger/alert

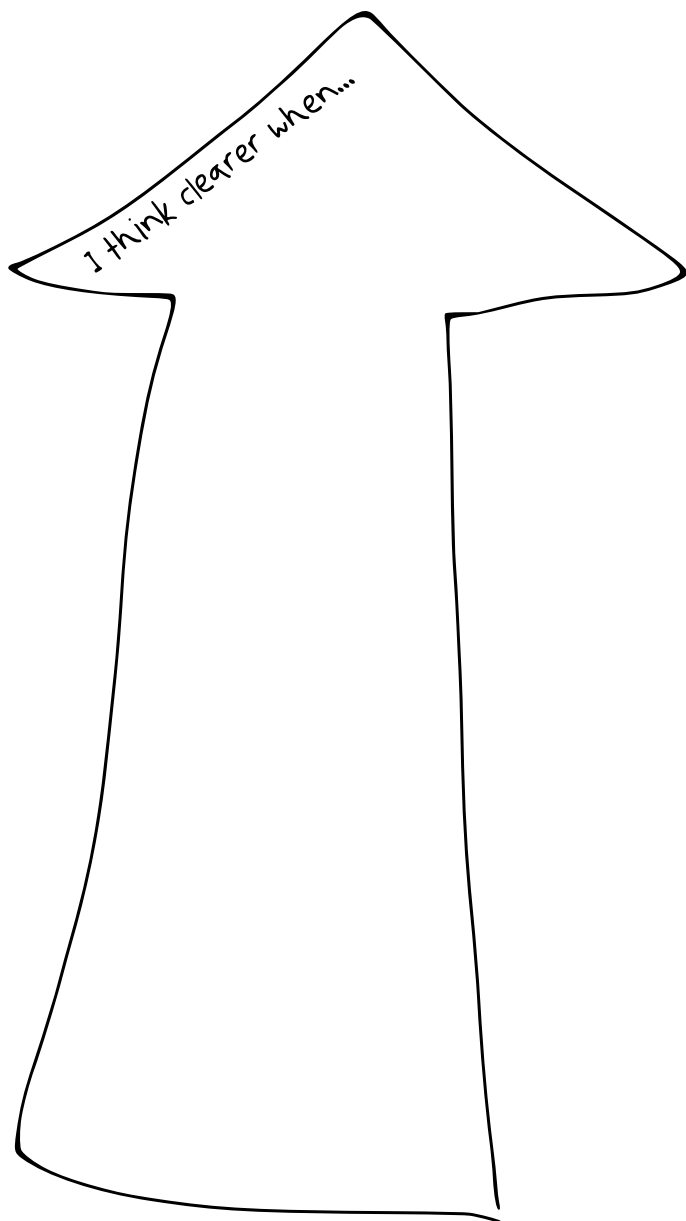
**FIGHT**  
**AVOID/RUN**  
**FREEZE**

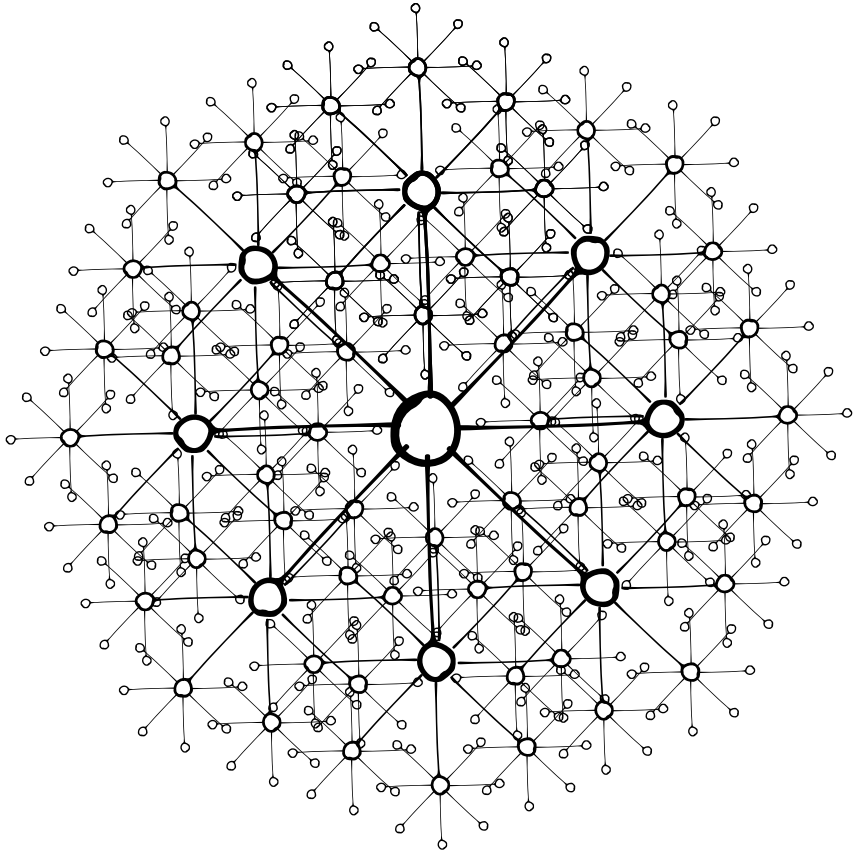
## Brainstem



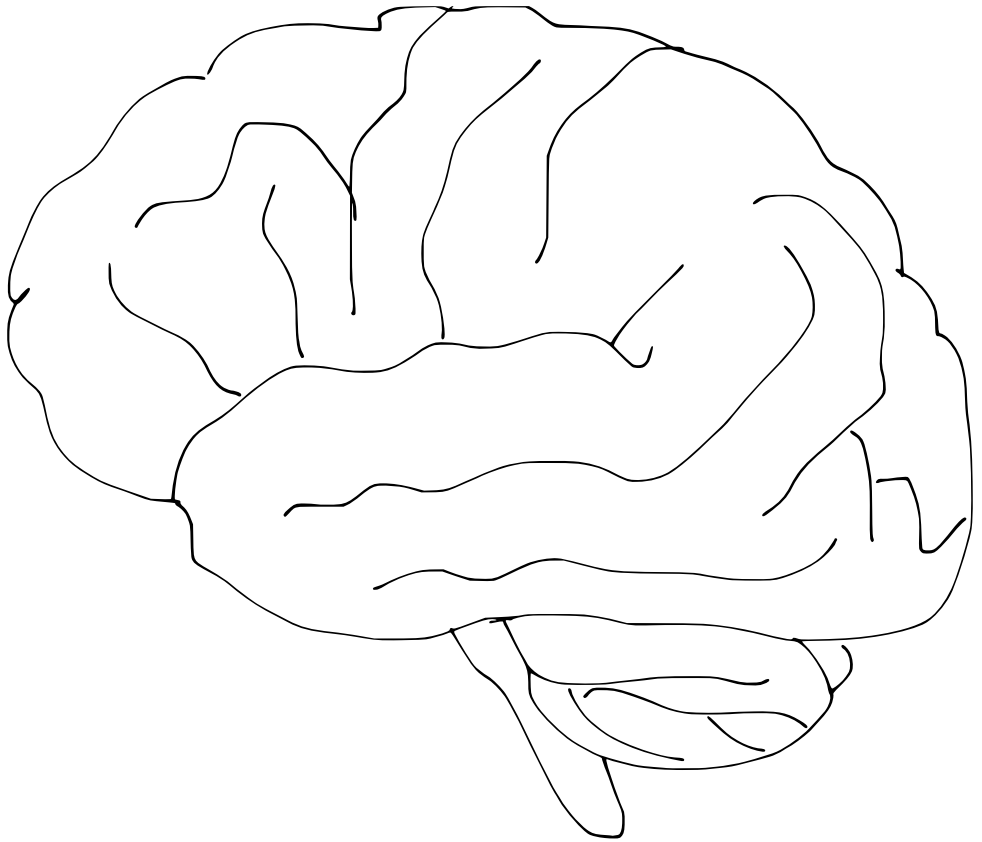
Heart rate  
Breathing  
Digestion  
Temperature

When I feel stressed,  
angry or tired I...



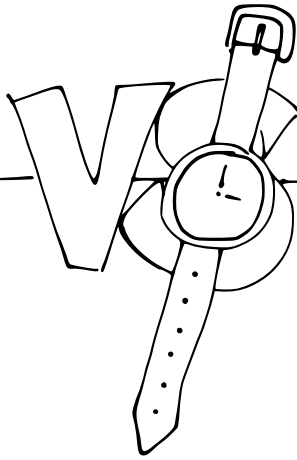


Repetition coats neural pathways in myelin to make our reactions faster and more automatic.  
What thoughts or behaviours do you want to be your first and strongest thoughts or behaviours?  
Write a situation on one side of the circle and a response on the other.  
Connect them across the circle.  
How will you practice and strengthen this connection?  
What actions and reactions do you want to change?

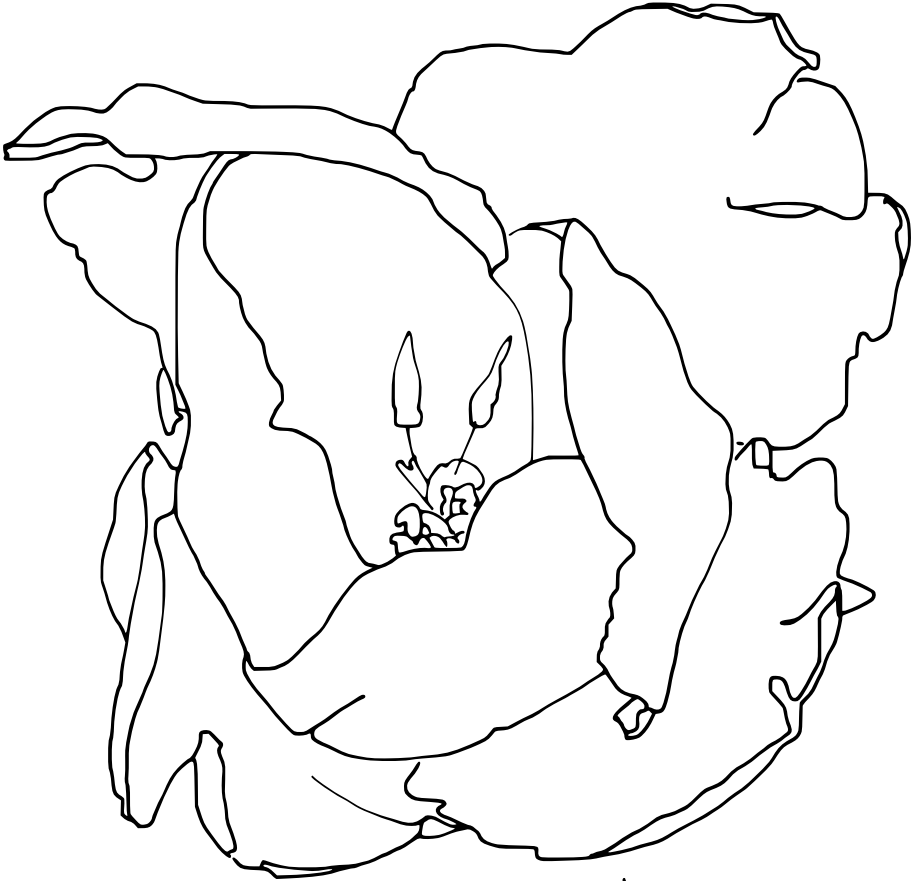


Fill this  
brain with  
words, issues  
or people  
that are on  
your mind

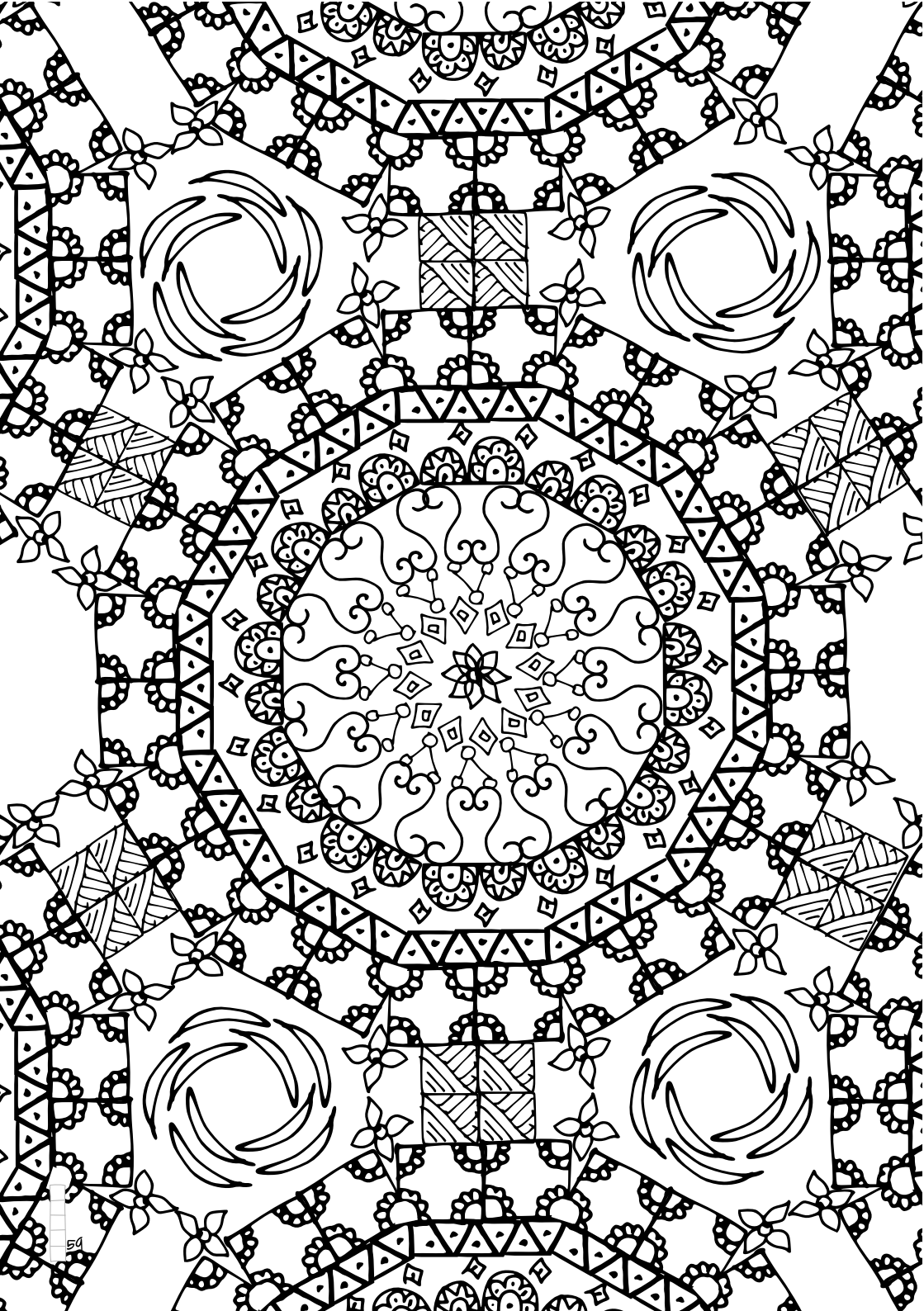
WHAT IS MOST IMPORTANT TO ME



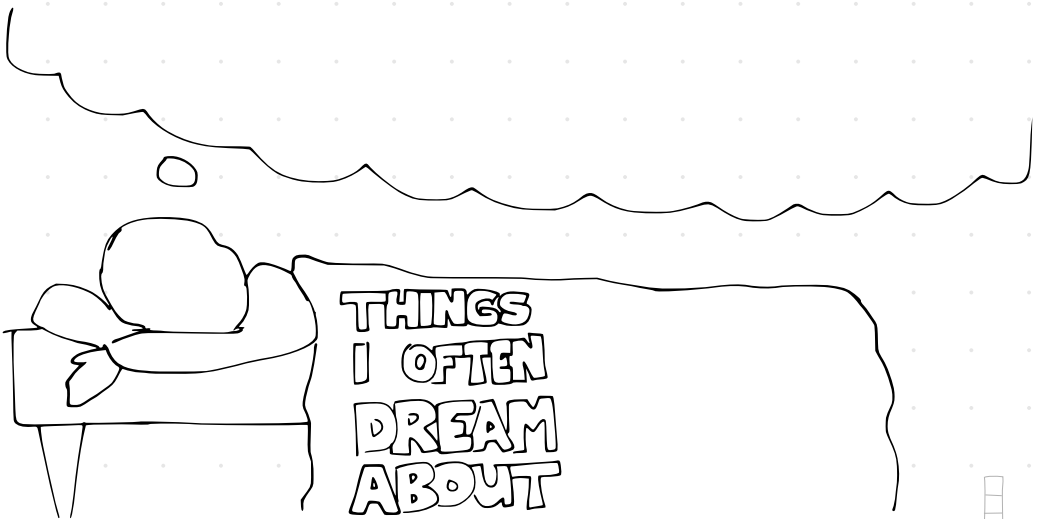
 How I spend my time



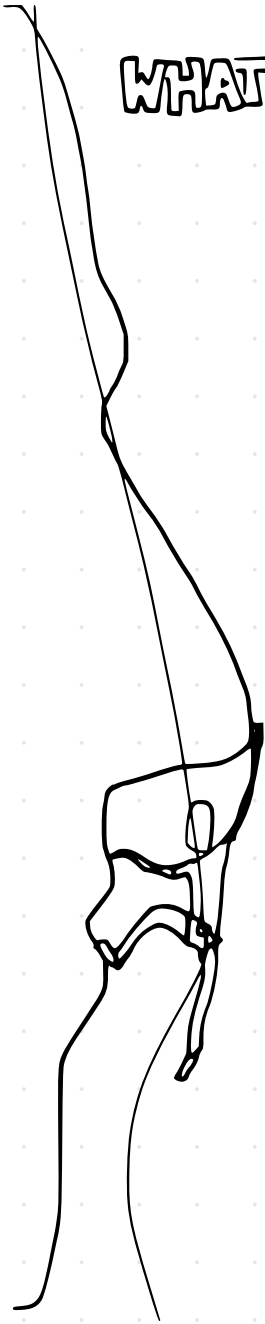
Tulip



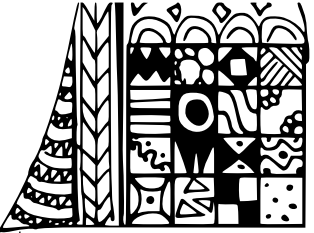




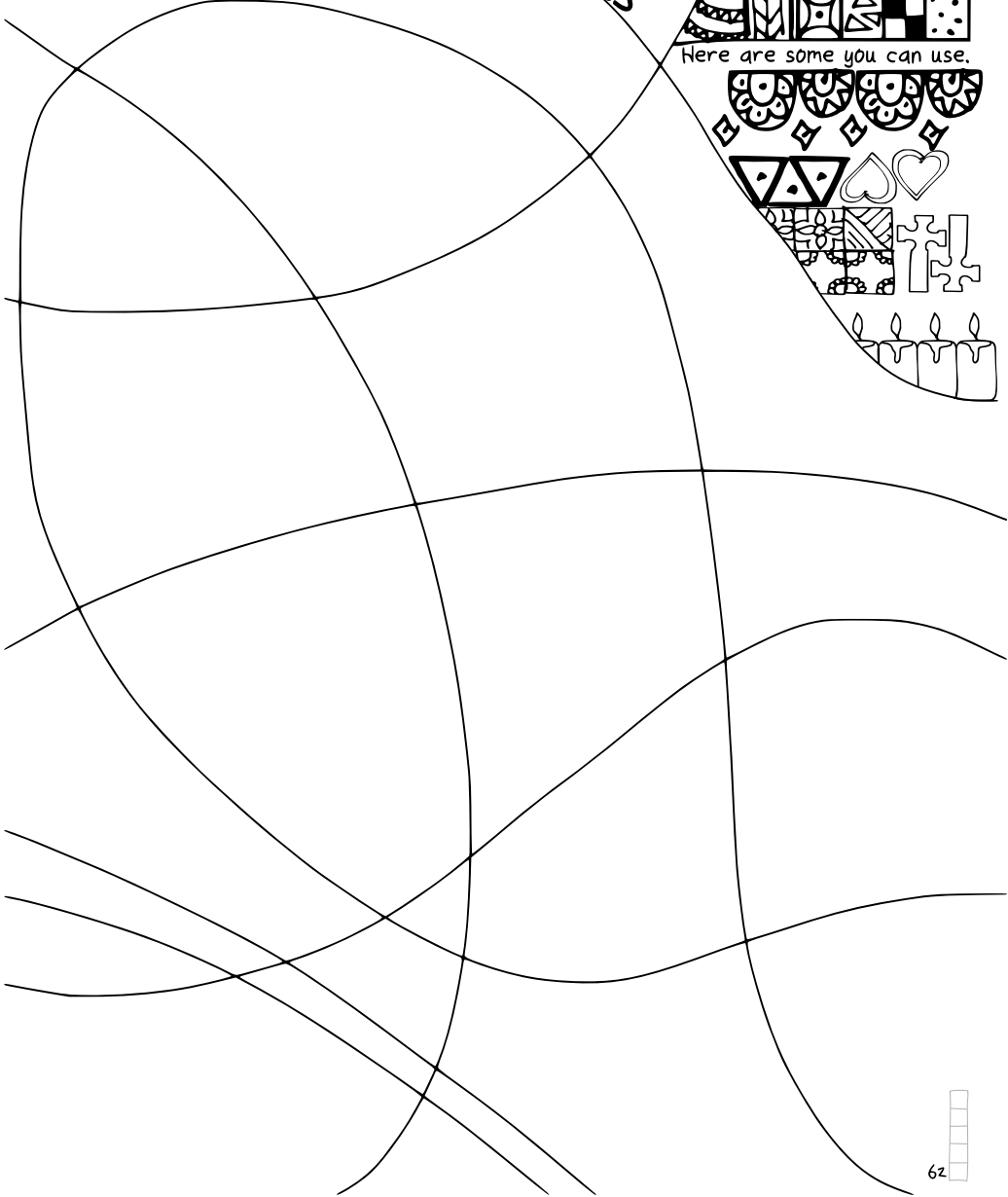
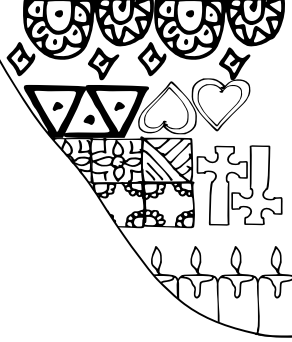
WHAT FEELS LIKE THIS?



Fill this page with patterns

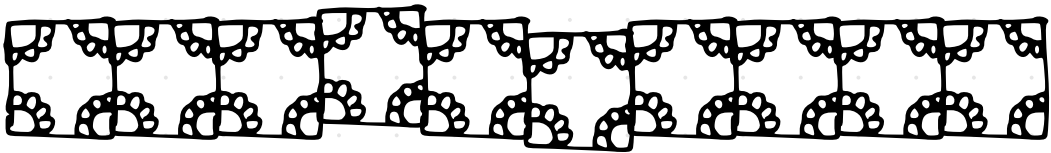


Here are some you can use.



Things  
to  
celebrate

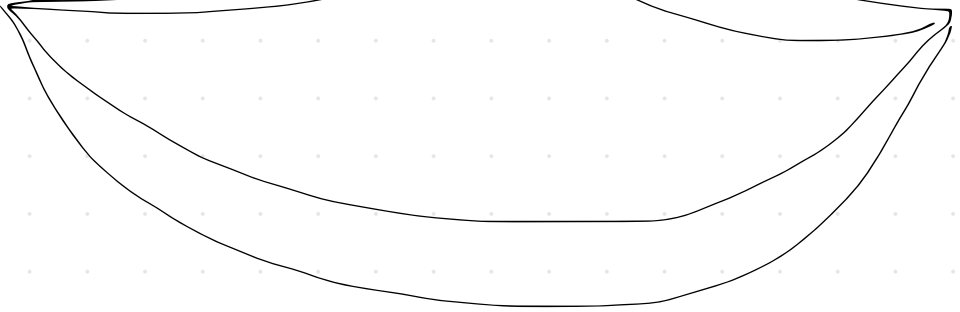


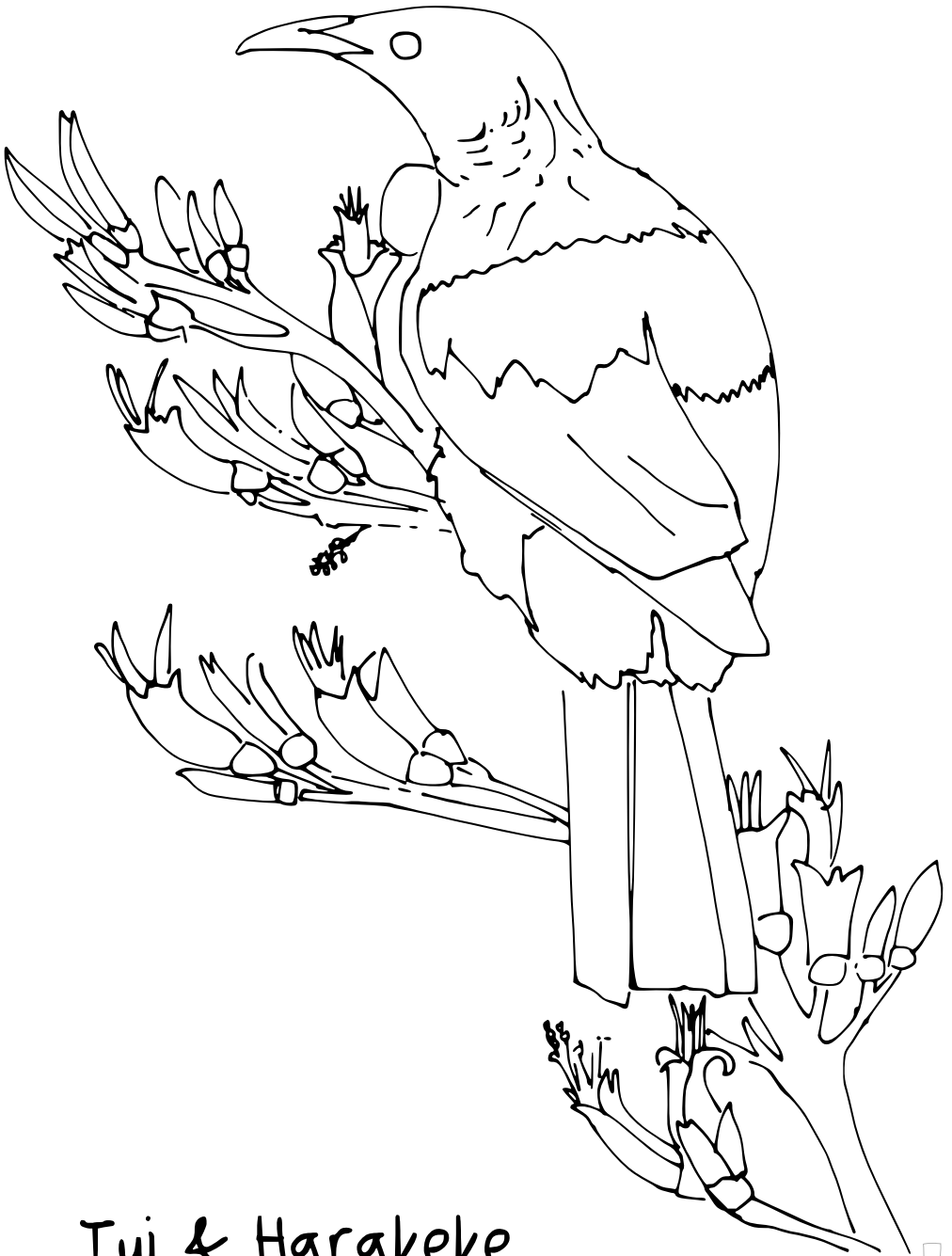


FAILS  
👉

People, places, memories, stories, jokes or experiences that

MAKE ME SMILE

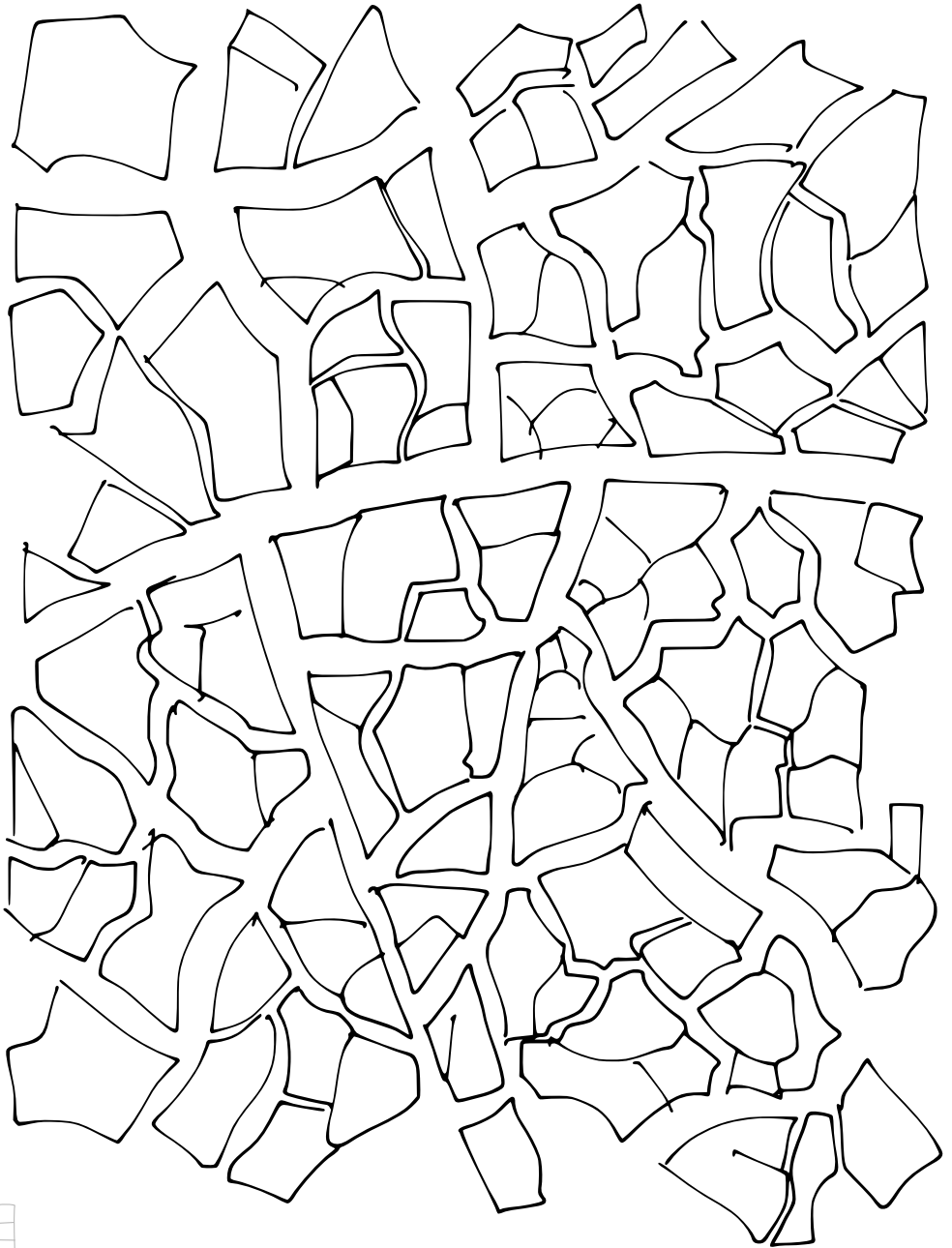




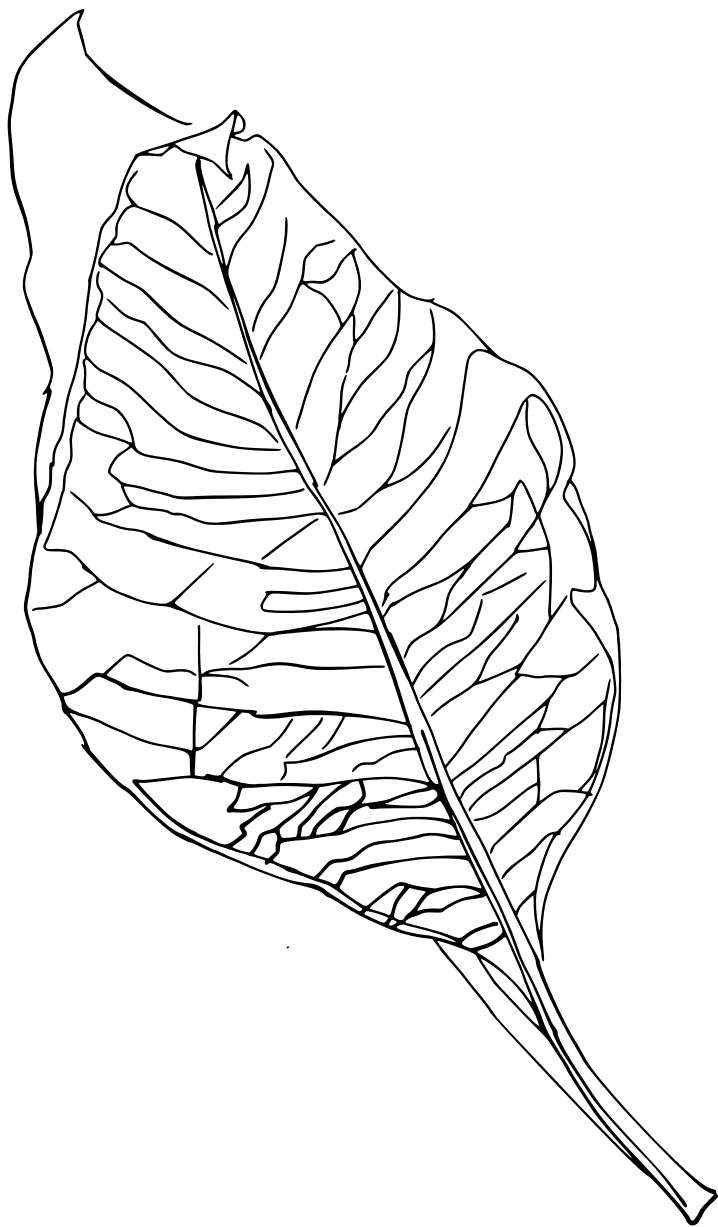
# Tui & Harakeke

What's your place to sit and sing?

This is dry, cracked soil.  
Fill this in with people, places or activities that water you.







Things I feel like I need God to provide

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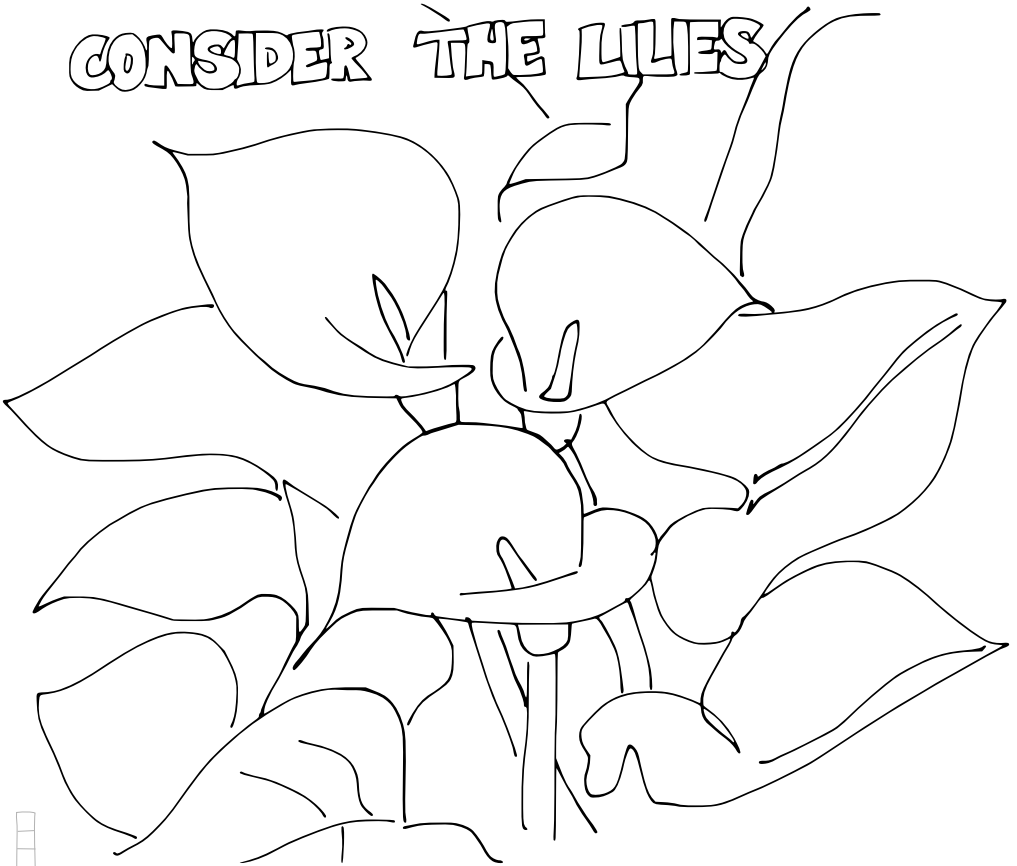
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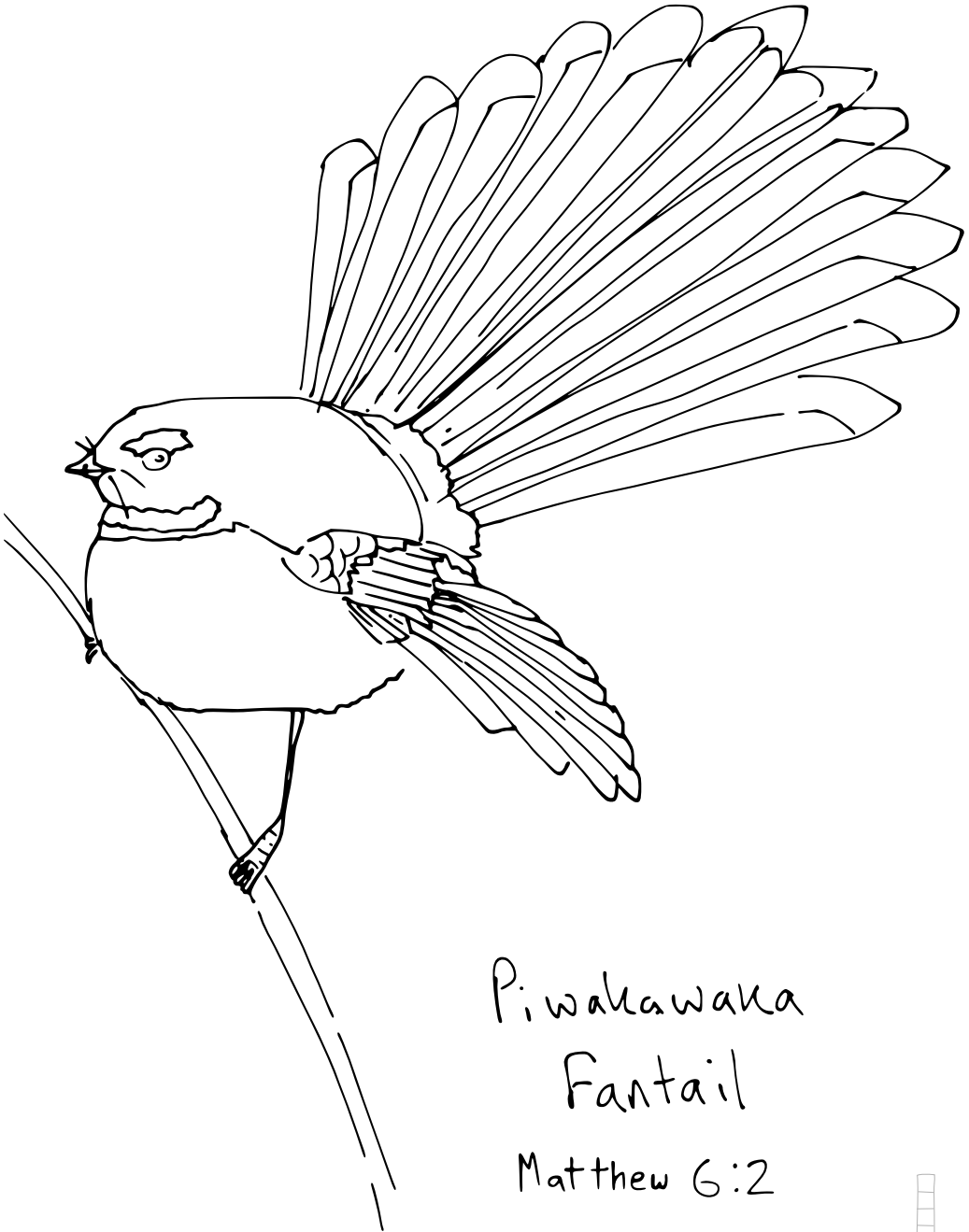
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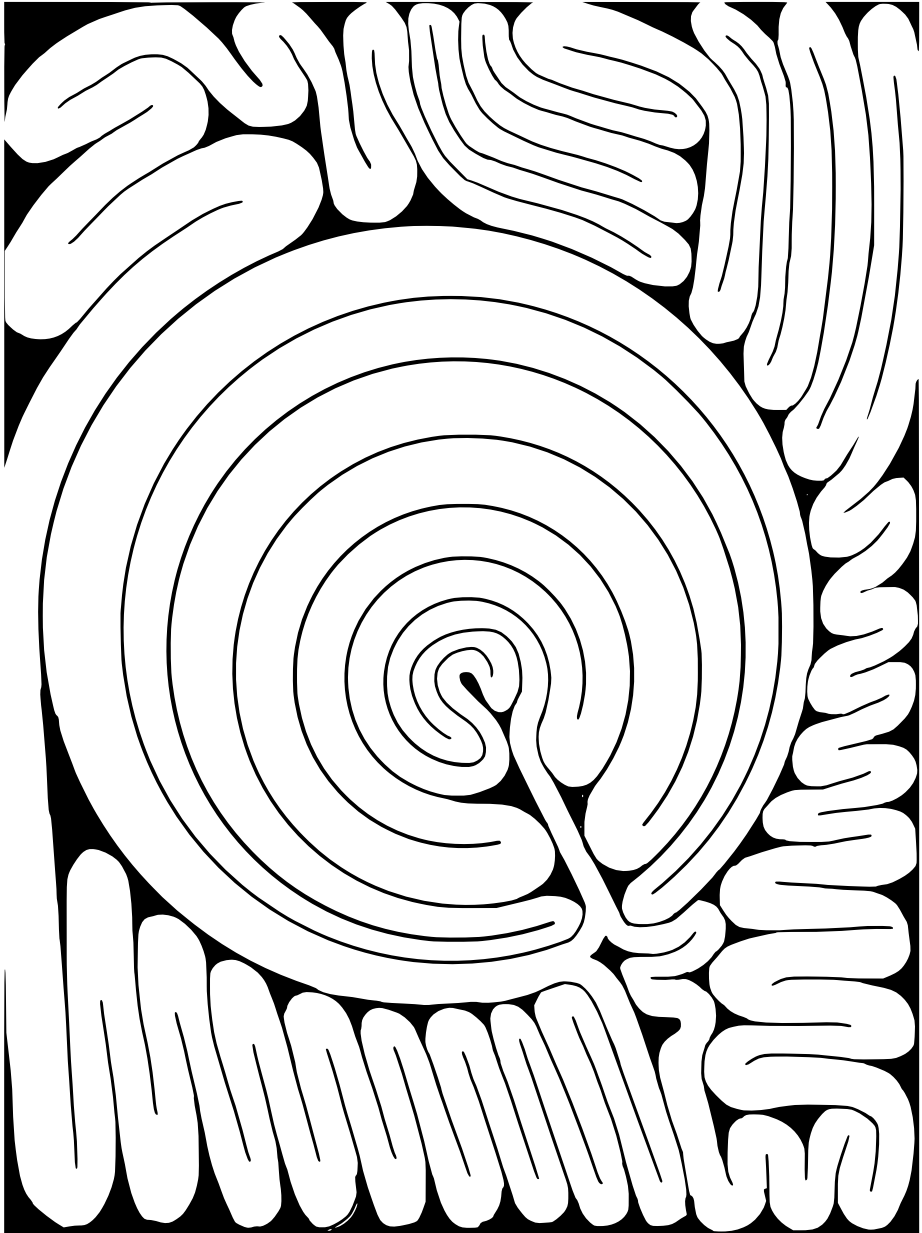
# CONSIDER THE LILIES



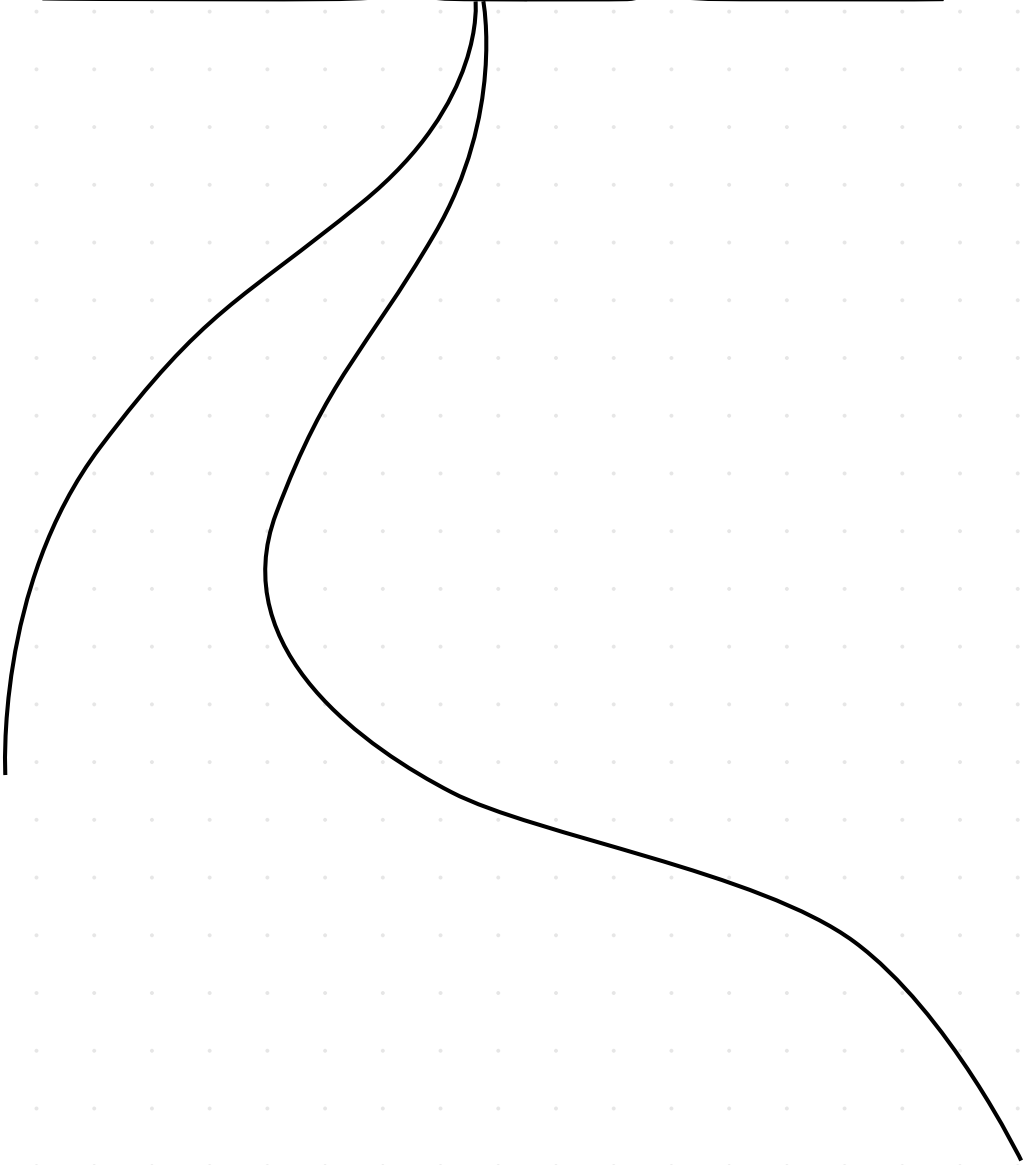


Piwakawaka  
Fantail  
Matthew 6:2

Trace this with your finger, reflect and pray about unexpected turns, feeling lost, winding journeys and how going back is sometimes the way forward.



# WHERE AM I GOING?



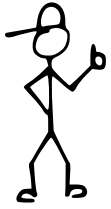
**LOST**

What goals, values, places, friends, beliefs, habits or plans got lost along the way?

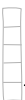
**FOUND**

What goals, values,  
friends, verses, books,  
music, ideas or beliefs  
have you discovered?

Draw yourself with your family and friends.



(Stick people are fine)





# REFLECT AFTER DRAWING

Who did you draw?

Who didn't you draw?

What are you all doing?

Who is closest to you?

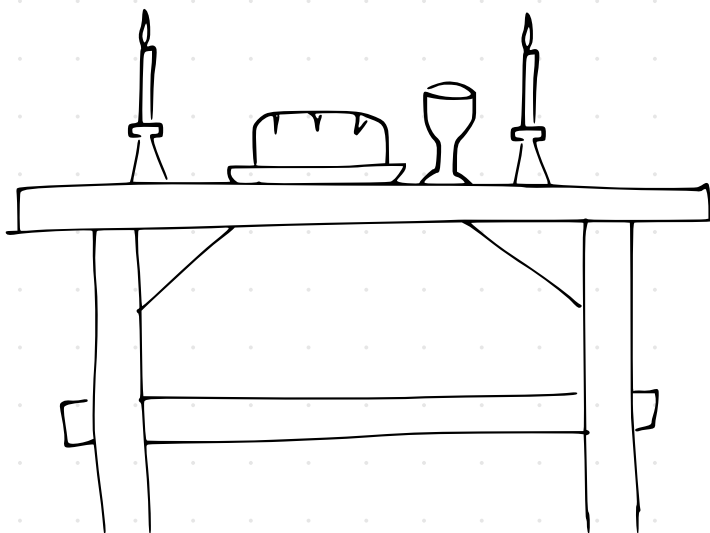
Who is farthest away?

Where would you put Jesus?

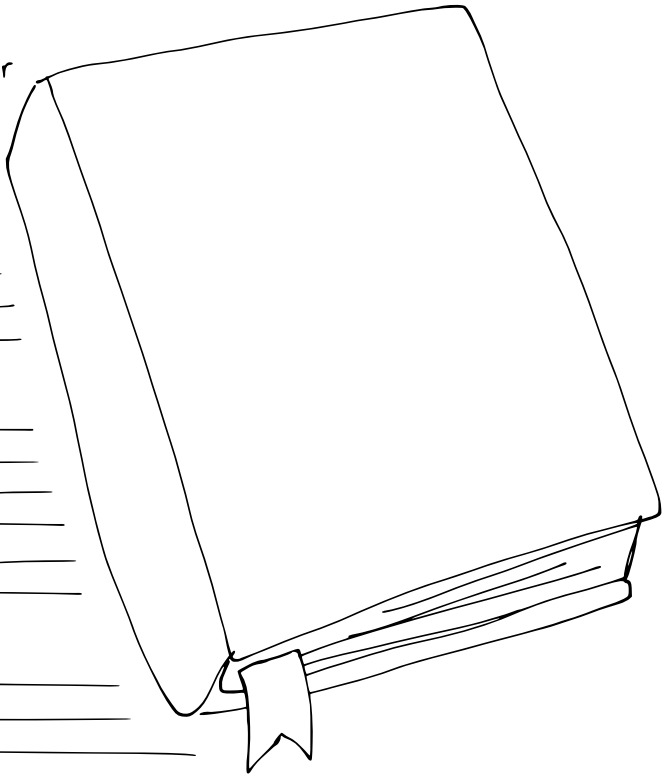
I remember my dad watching a tv show one day. The guy said, "I hope my family know that I love them. I've never said it, but I hope they know." My dad said, "Interesting?" I knew he meant, "I hope you know I love you." He just couldn't say it.

I HOPE PEOPLE KNOW

Who is welcome at your table?  
Who do you invite? Who comes?



Design the front cover  
for your life story



Central themes

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Main characters

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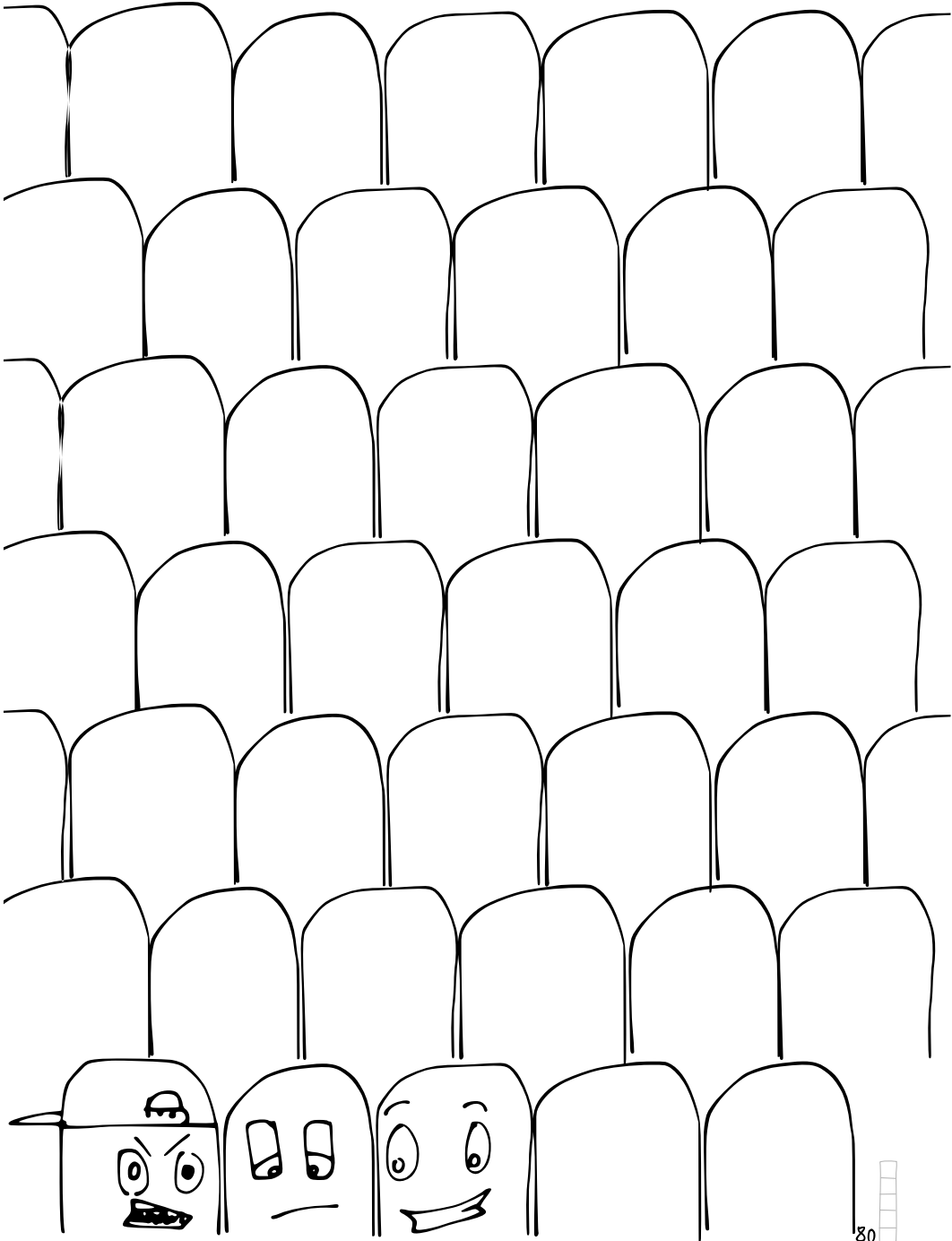
Plot twists

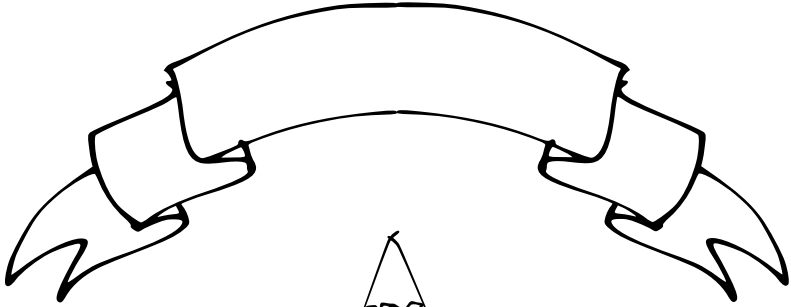
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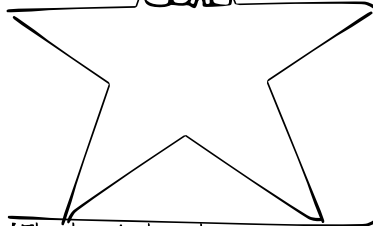
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A hand-drawn illustration of a row of books on a shelf. The books are of various heights and thicknesses. One book on the left is tilted significantly to the right.
A hand-drawn illustration of a row of books on a shelf. The books are of various heights and thicknesses. One book on the right is tilted significantly to the left.
<p>Write the names of the books you want to read. Colour them in when you have read them.</p>





MY  
GOAL



The hardest part

People who can support me

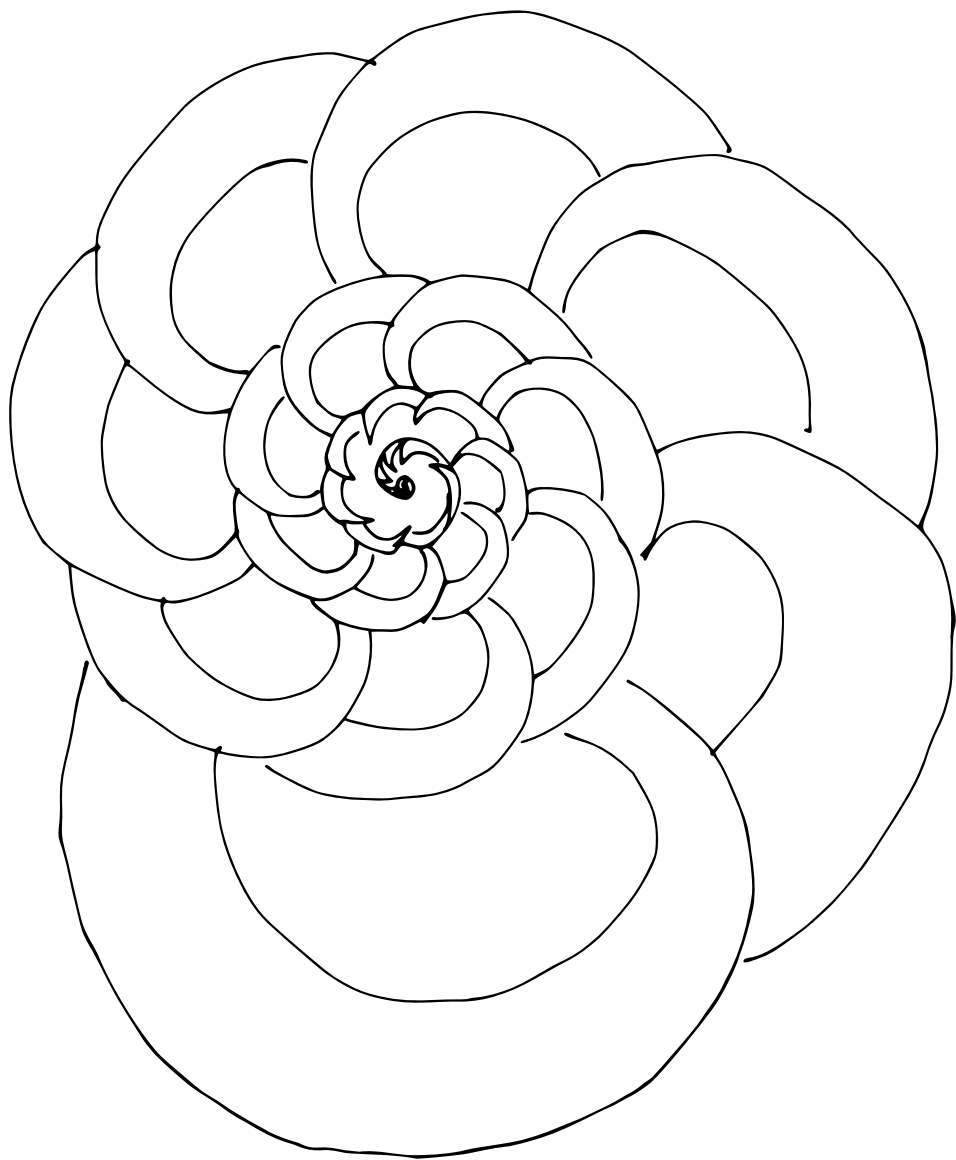
First steps and hurdles

Values to follow

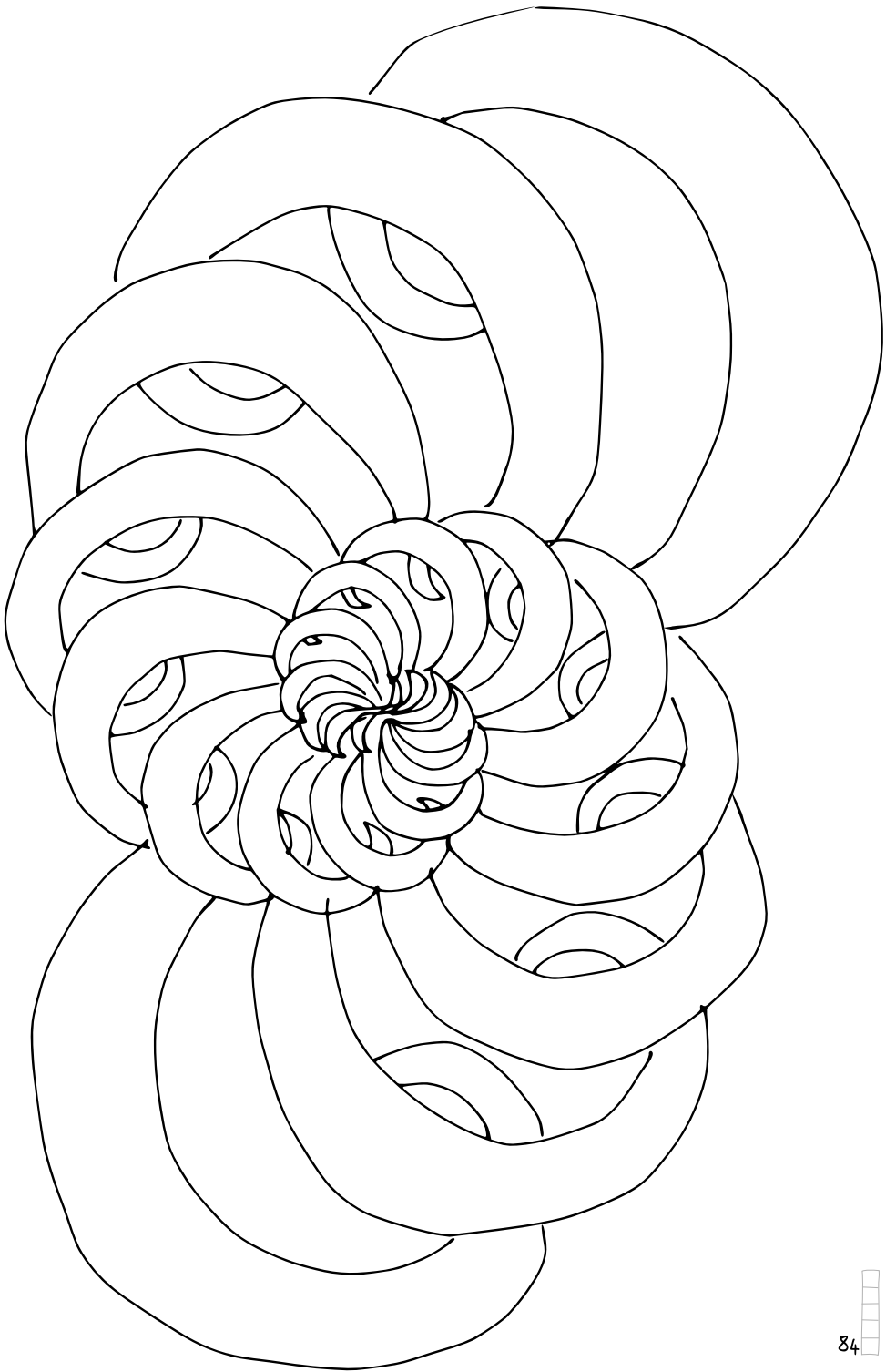
How is this about love, job or peace?

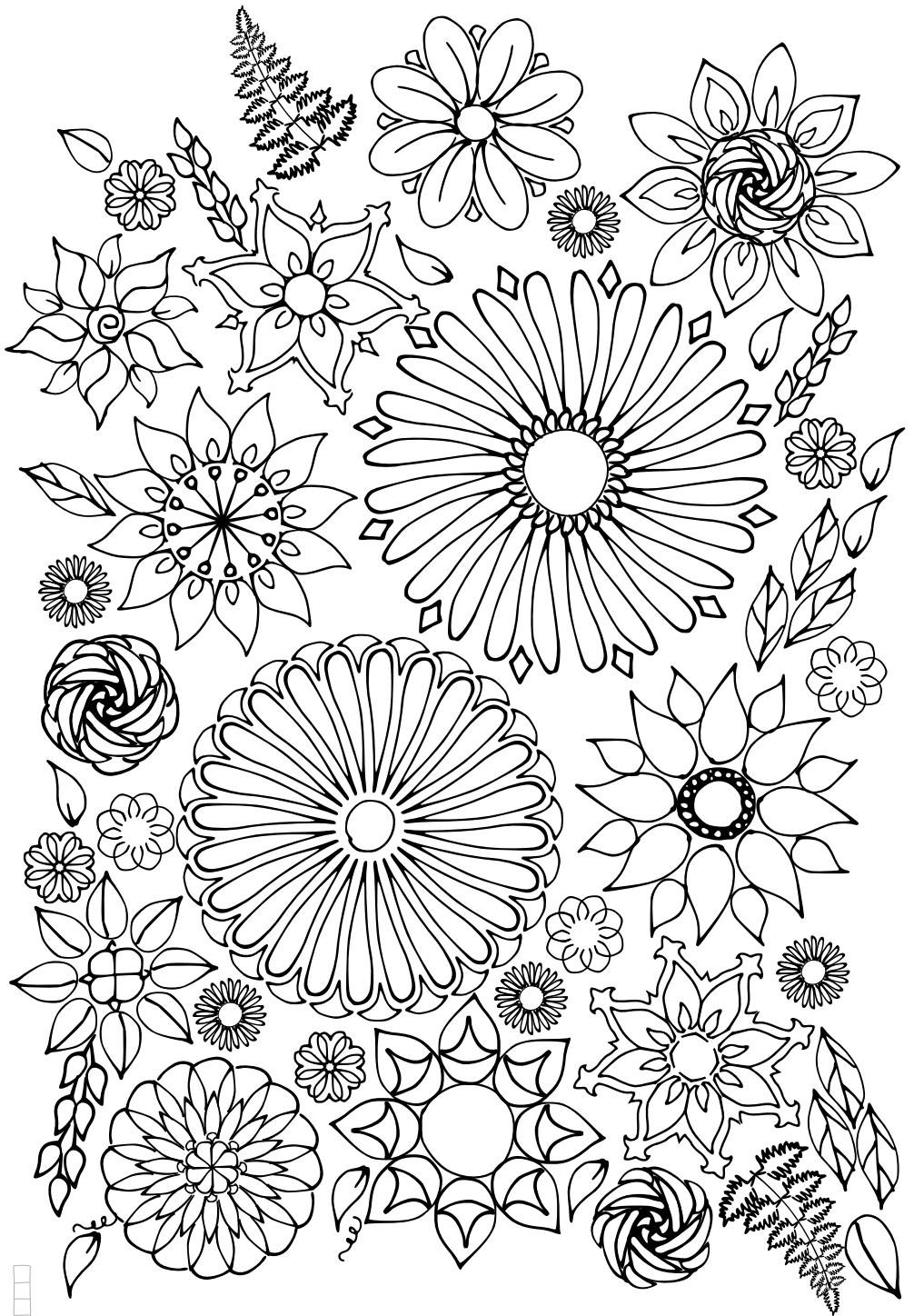
doing this is important to me because

I'll know that I've achieved this when



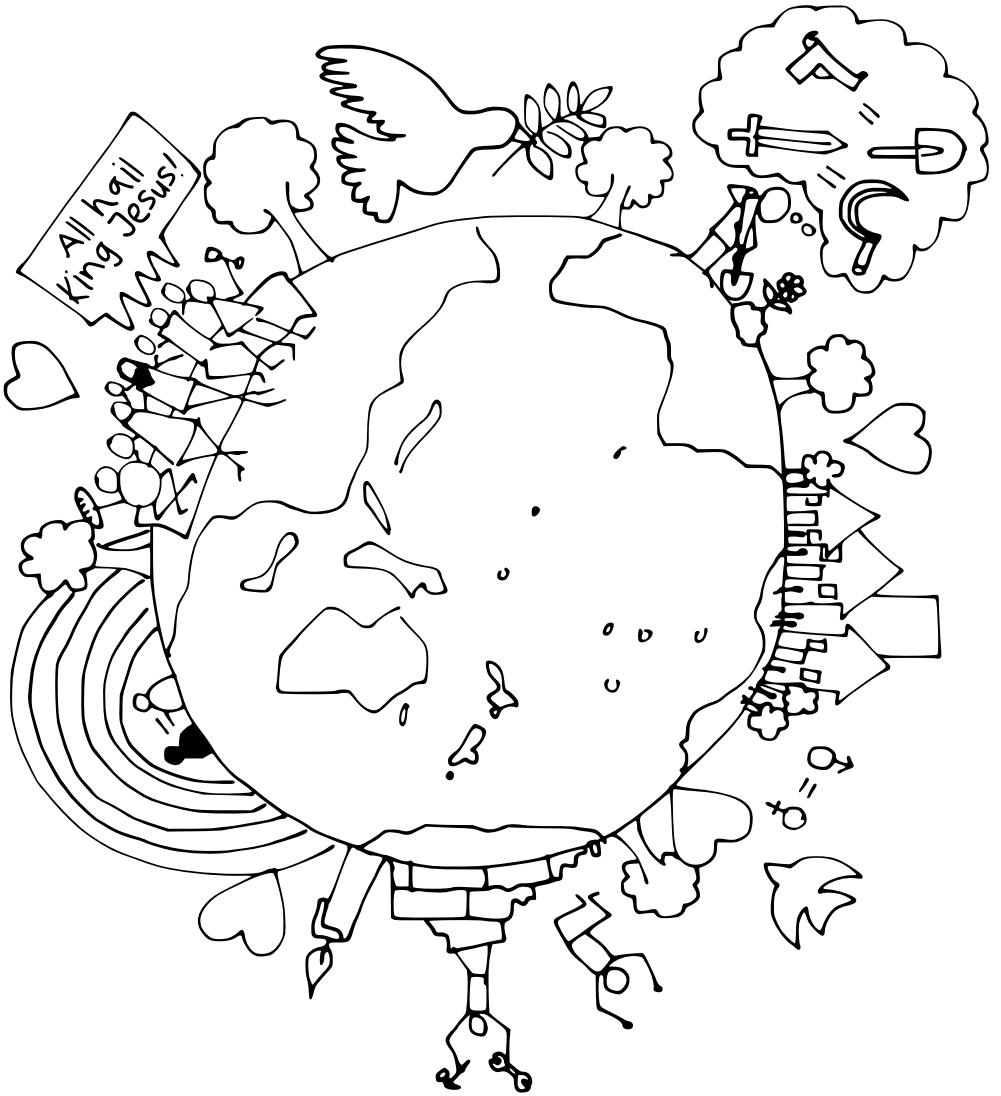




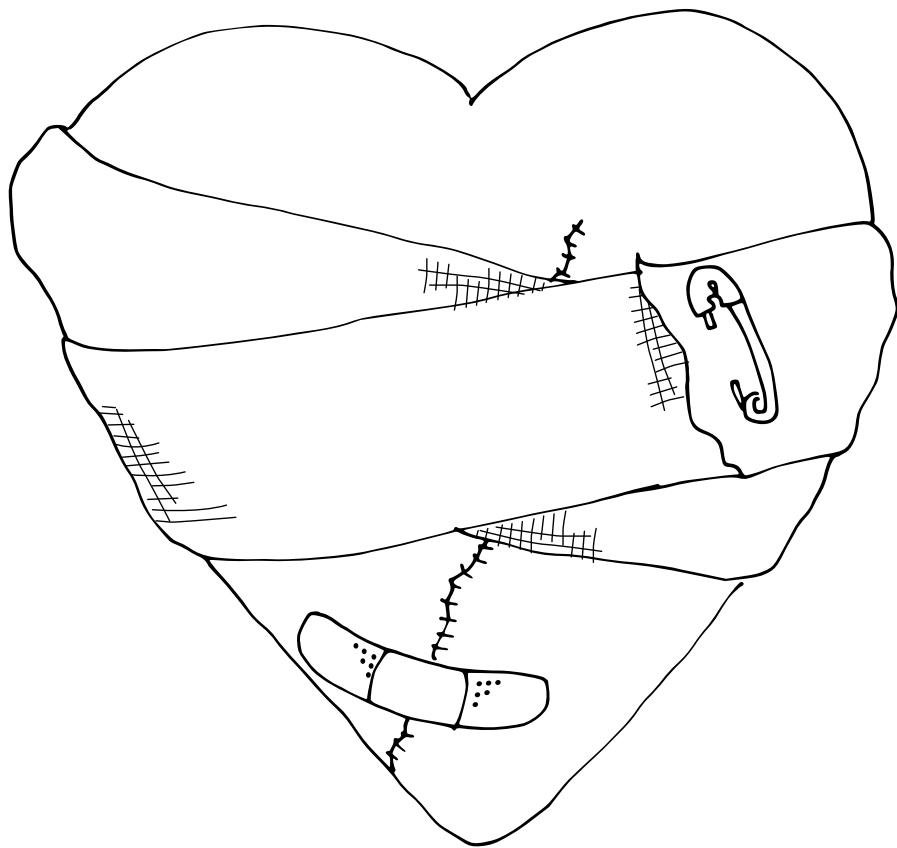




Draw or write your prayers, reflections or flowers



How do you picture all things made new?  
Isaiah 61 & Revelation 21:1-8



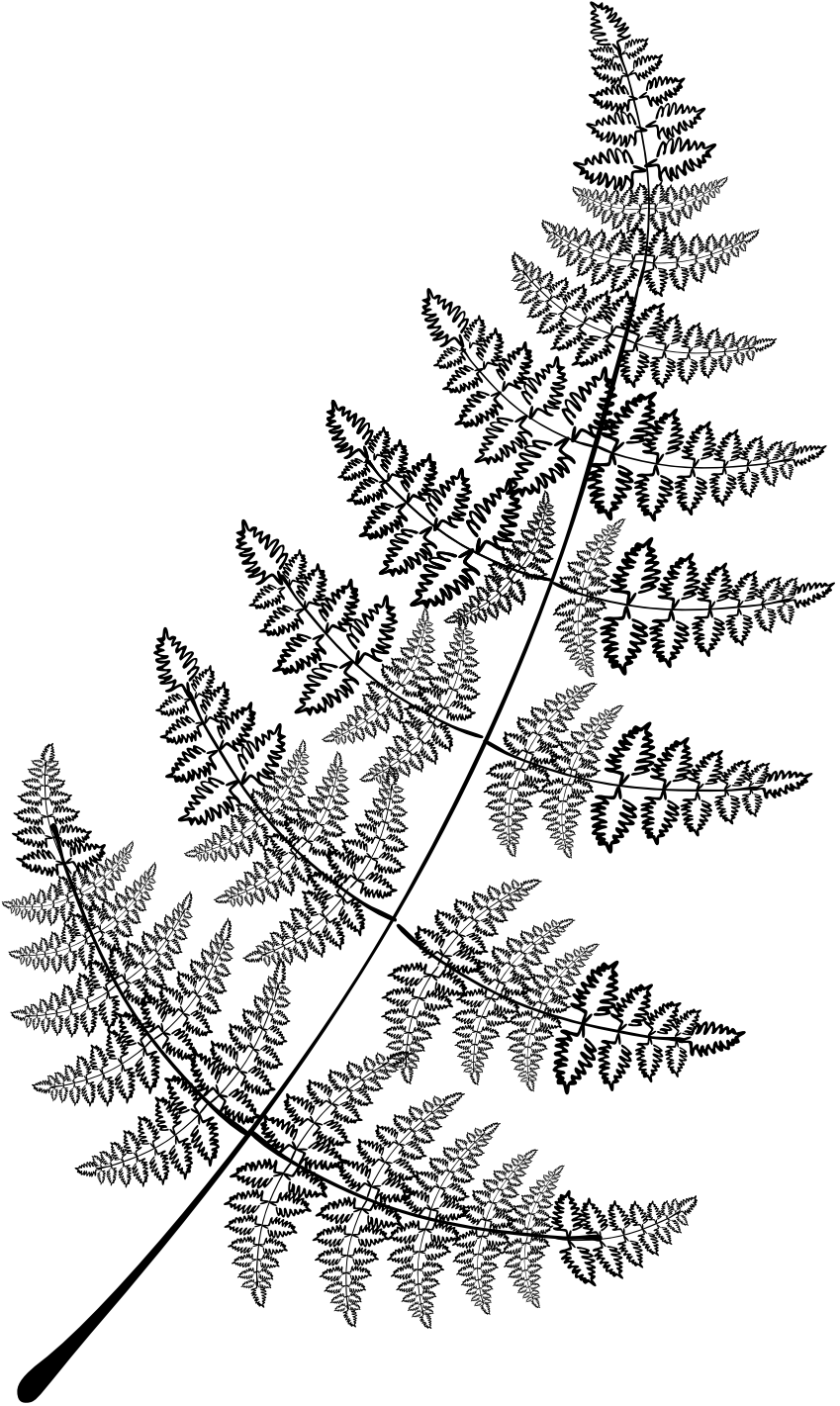
## Isaiah 61

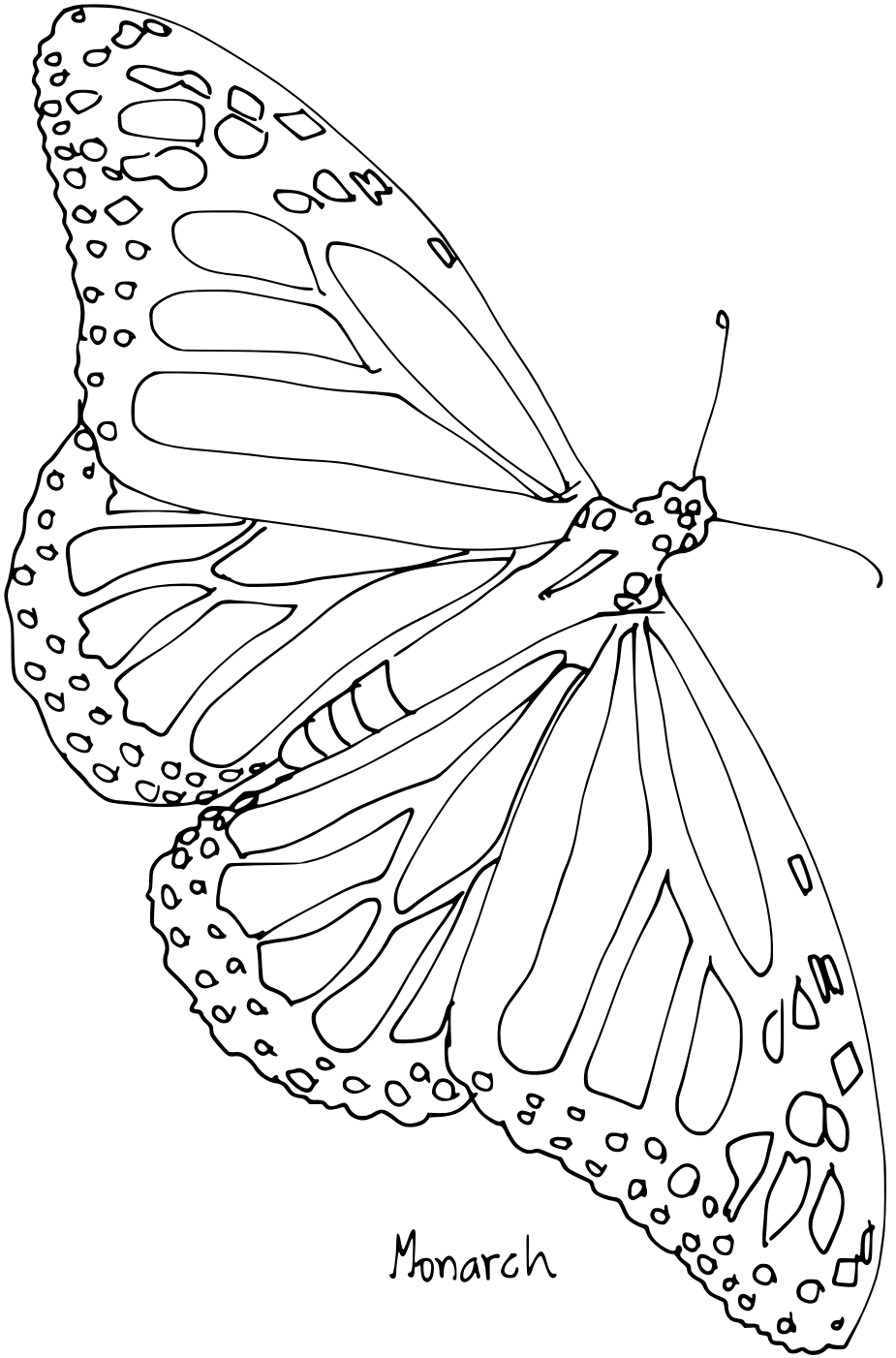
who are the broken hearted for you to bind?



God's image is shown in







Monarch

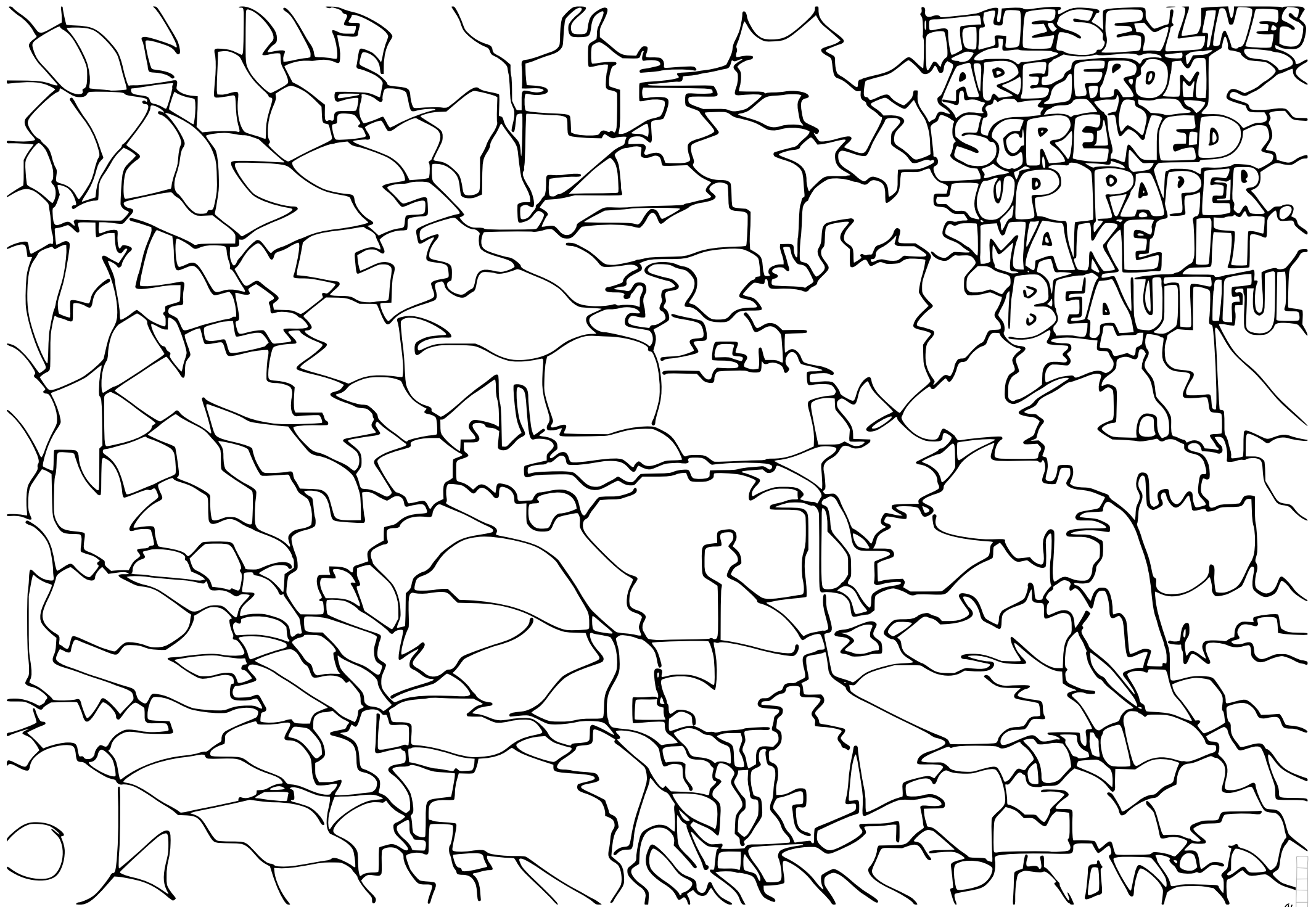


# MY OWN PRAYER ACTIVITY

# TODAY WAS...

FIND  
GOD ON  
THIS  
PAGE...





THESE LINES  
ARE FROM  
SCREWED  
UP PAPER.  
MAKE IT  
BEAUTIFUL

# CHOSEN PASSAGE

write your own paraphrase

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

PASSAGE

PARAPHRASE

Fold open

# MY OWN PRAYER ACTIVITY

A large grid of dotted lines for writing a prayer activity.