

Zentangle*



Materials: Paper, pen or pencil or markers



This is an art meditation. Doing a 'zentangle' can occupy your mind *just enough* so that you can really be still and know God. You can go online and find information about Zentangles. For now, simply draw a shape or squiggles and begin to fill them in with small repeated designs, like circles or squares or lines. The next page shows you a variety of design ideas.

It's fun to have the Zentangle tiles and pens, but you can start with whatever you have at home: **paper and pen or pencil** will work. You *can* make this into an art project, or you can just be unconcerned with the finished product, just doing the designs as a way to still your mind, to open your heart.

Use the time to just relax and enjoy the experience. As you think about the stories of Jesus coming close to people, know that this is a way for YOU to be close with God.

*To learn more about the Zentangle method, check it out online: zentangle.com
Their materials are available on Amazon.com

DOODLE PATTERNS

— 30 patterns for filling gaps —

