



40 Ideas for 40 Days

from Joe Paprocki

Sacred Art – Budding Artists

This Lenten activity is designed to help catechists engage those young people who are more visual and perhaps even artistically inclined.

- Bring in a picture of sacred art that you have found on the Internet or have in your possession.
- Show it to the young people and ask them to share comments about what they see and what the picture expresses, represents, or teaches.
- Point out that years ago, most people were unable to read or write and that they relied on pictures to teach them.
- In particular, stained glass windows in churches often depicted scenes from Scripture that taught people about God's plan of salvation.
- Point out that some members of your group would much rather draw a picture than write an essay or give a speech. Ask for volunteers to describe their preference.
- Explain that this activity will be an opportunity for everyone to exercise the artistic side of their brain (point out that scientists believe that the right side of our brain is more visual and artistic and that the left side is more verbal).
- Provide each of the young people with a sketch pad (or at least a sheet of paper from a sketch pad, along with a hard surface on which to draw) and drawing pencils.



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- Escort the young people to the church and instruct them to plant themselves in front of any one of the Stations of the Cross (keep them separated as much as possible to make this a prayerfully quiet activity).
- Tell them that their task is to sketch one of the Stations of the Cross.
- As they do so, play some reflective music in the background.
- Walk around as they create their sketches. Have extra paper on hand for those who want to start over.
- Encourage expression.
- When they are done, gather the drawings together and show samples of them to the whole group.
- Encourage those with artistic skills to use these skills to express themselves spiritually, perhaps by keeping a spiritual sketch book instead of a journal.