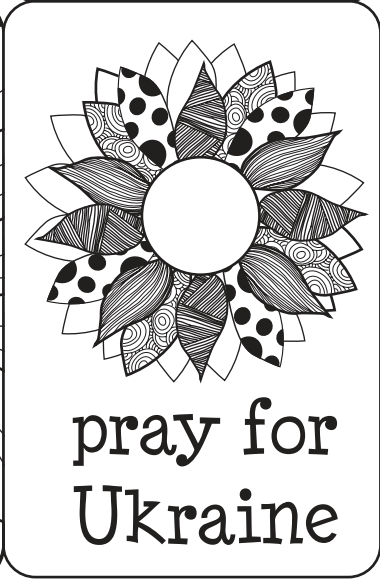
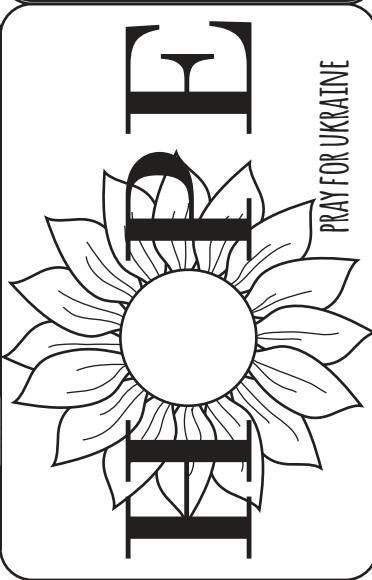
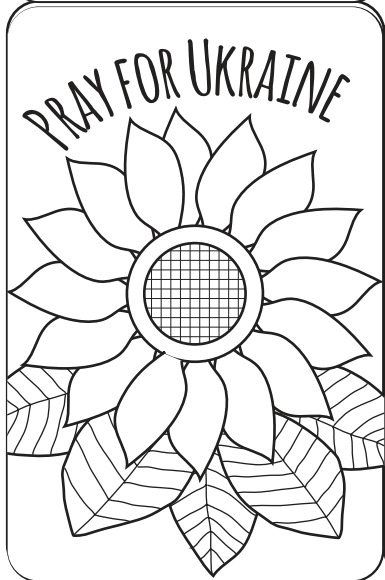
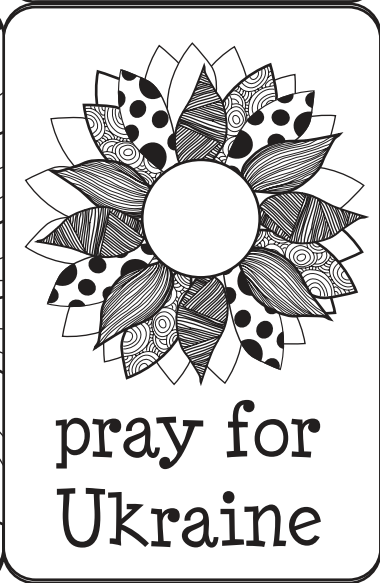
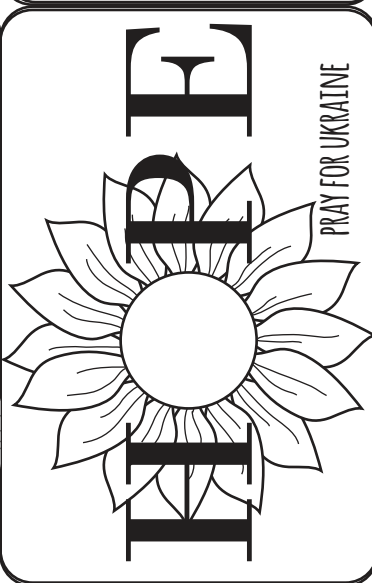
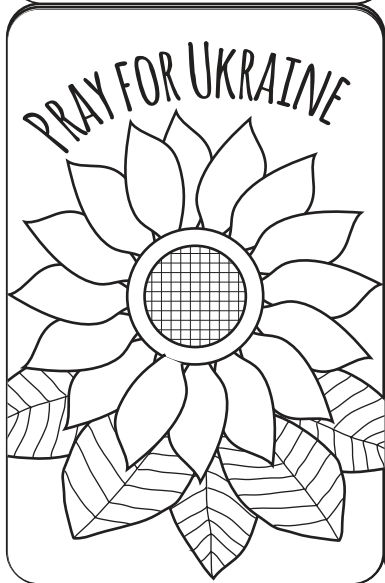
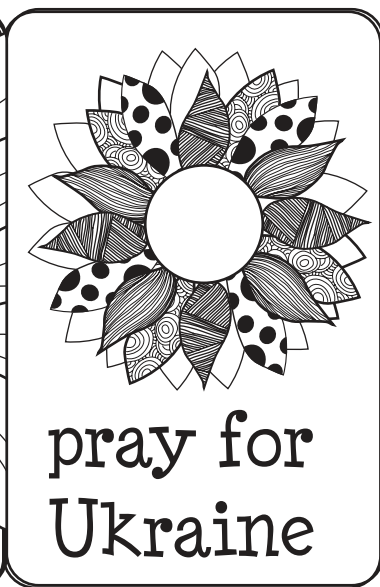
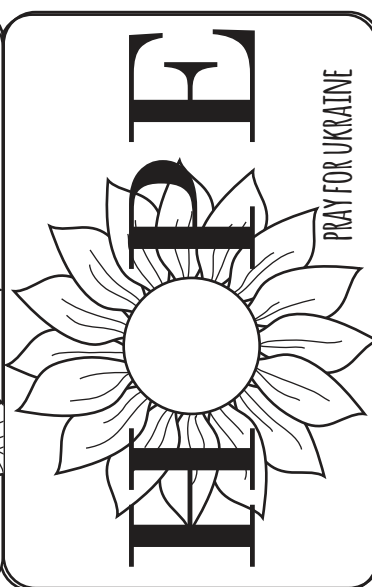


Praying for Ukraine

Created by Marsha Baker C 2022 @blessinks www.blessinks.com



WEEK 1

Thank you for joining me in 30 days of focused prayers for the Ukraine. The conflict has been going on for more than 60 days and the news outlets are not covering it as often as we are losing interest. However the struggle for the people in Ukraine is real. People are hurting and they still need our prayers. Join me for the next 5 Mondays in doing an art/prayer challenge focusing on Ukraine.

We're starting our month with a creative challenge. Let's create a visual reminder to pray for Ukraine every day this month by making mini prayer cards.

Take a sheet of watercolor paper or card stock and divide it into sections. On this Watercolor paper I have made 18 boxes 2" x 3". I put a water color wash on the back and then drew 36 different Sunflowers. Sunflowers are the national flower of the Ukraine. However you might want to challenge yourself and find 30-36 Ukrainian patterns/motifs, or names of cities to write on your cards.

Challenge yourself to make at least 31 different cards

Ideas on how to use the cards:

You can either write a prayer on the back and use this as your daily prayer prompt. Or we can make this project bigger by handing them out asking your friends, acquaintances and even strangers to use this card as a reminder to pray for the people in Ukraine every day in May. Start your list of things to pray for on page 5. We'll finish it next week.

To get a head start on next week identify 7 things you can pray for and write them on the back of 7 cards. We'll finish the prayer list next week. Post your cards in the Sketchnote Boss Facebook group

Template for mini prayer cards. Try drawing your own sunflowers , or other items found in Ukraine. Or you can write the name of a city on each card. Print two sheets so you'll have a card for every day in May.

WEEK 2

This week we are going to continue our list to identify 31 things to pray for. Complete your list on the next page.

Here are some verses you can pray over the people in Ukraine

Matthew 6:6

Isaiah 61:1-4

Luke 6:20-26

Psalms 62:5-8

John 3:16-17

John 16:33

Psalms 23:1-6

Psalms 18:6

Habakkuk 3:17-19

John 14:17

1 Timothy 2:1-2

Proverbs 21:1

Isaiah 26:6

Psalms 91:1-2

Isaiah 40:12-15

Acts 8:4

Hebrews 6: 19-20

OTHER WAYS TO PRAY

1. Try fasting for a day a week, or give up something for the month of May.
2. Have a prayer meeting at church.
3. Join the Visual Faith Ministries Facebook Group prayer meeting on May 17th 8 pm ET for an hour of prayer for Ukraine.

31 Things to pray for Ukraine

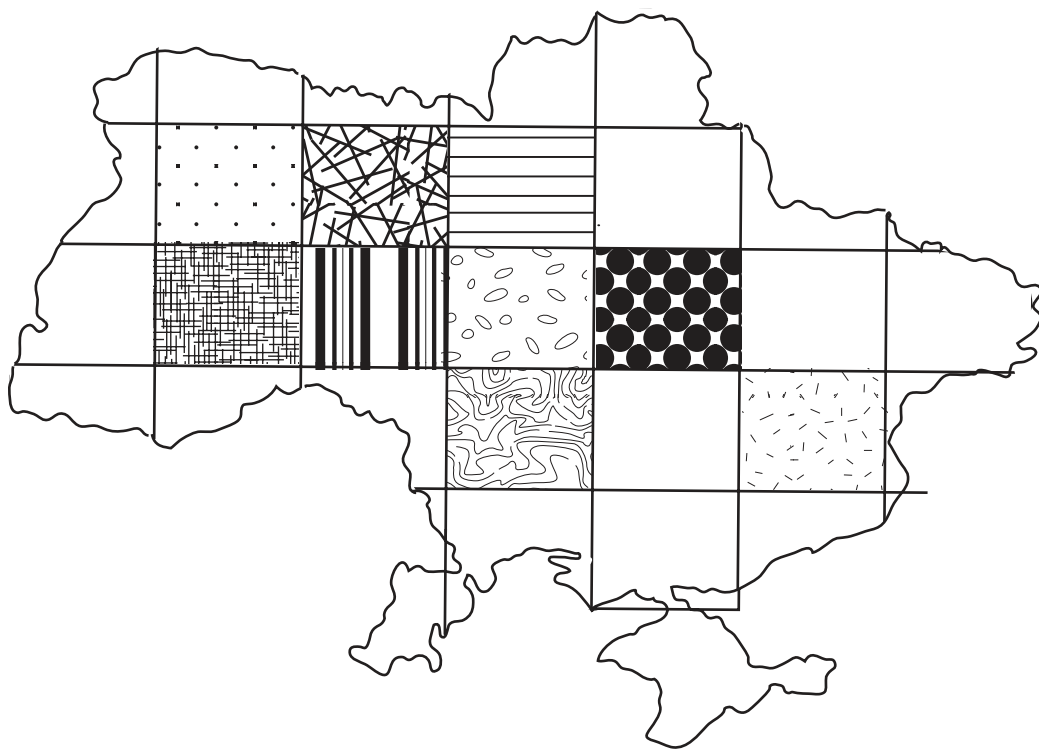
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.
- 31.

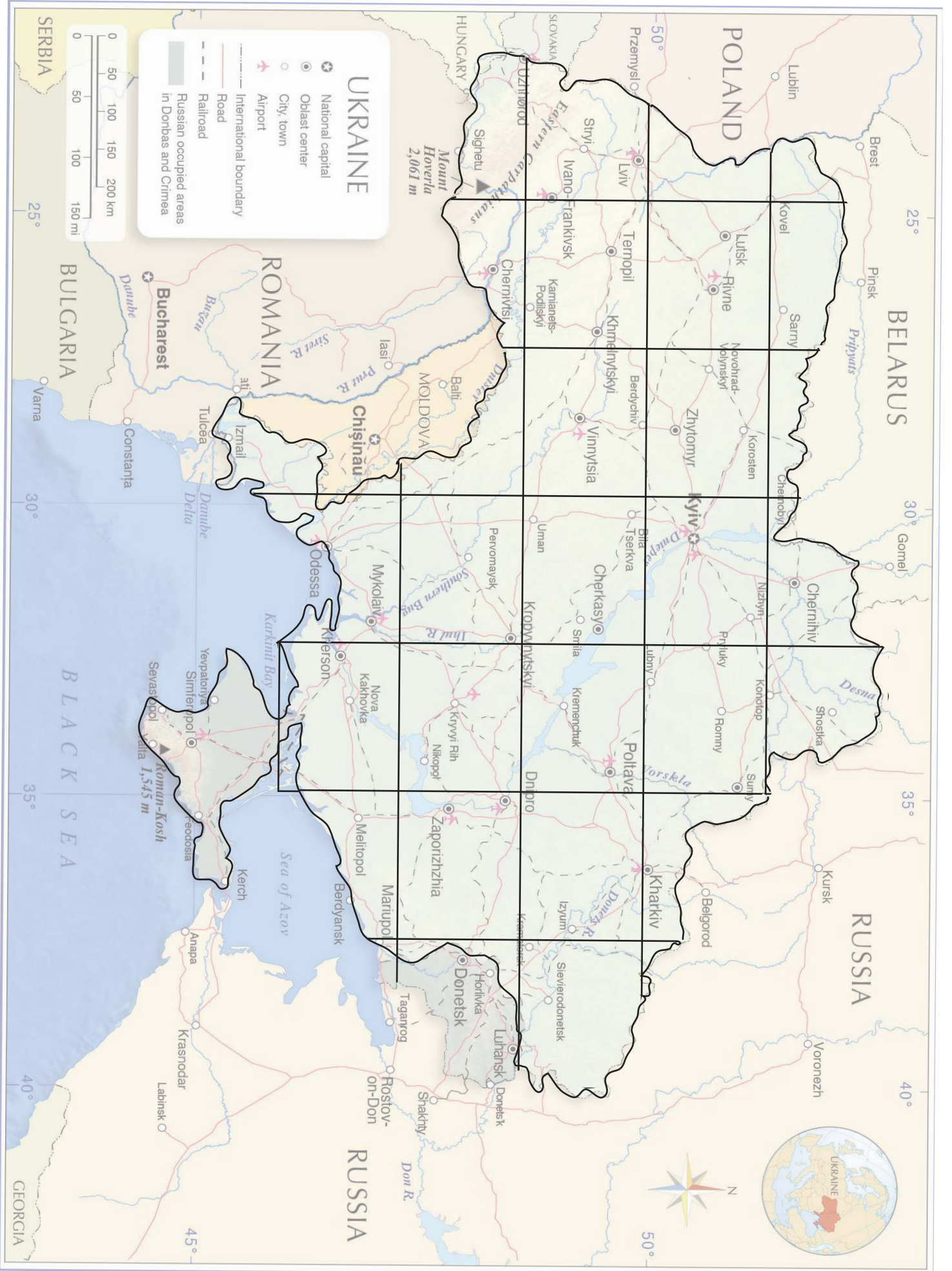
WEEK 3

This week let's focus on the size of the country of Ukraine. It's a very large country about the size of Alaska. It is an agricultural country and provides much of the world's food. The crops are not being planted so it's going to be tough going in the fall for some countries and food prices will continue to rise.

Next week we will sketchnote a fact sheet about Ukraine to help us focus on our prayers in their restoration. I am praying with expectancy (Psalm 23:17-19). On the next page is a map of Ukraine. I have sectioned it off into 30-ish sections. You can print it off and doodle along as you pray for Ukraine.

If the prayer cards aren't for you, then start and specifically pray for each section in the map on the following page you could doodle in a pattern or color in a section like the map shown below.





WEEK 4

Let's learn more about the country we are praying for. Do a fact sheet on Ukraine so help better understand the people of Ukraine. Find at least 10 facts about Ukraine and sketchnote them. Draw as many images as you can to support your 10 facts.

Post your fact sheet in the Sketchnote Boss Facebook group on Twitter or Instagram using #snboss and #prayingforukraine

<https://www.nationsonline.org/oneworld/map/ukraine-political-map.htm>

<https://www.cia.gov/the-world-factbook/countries/ukraine/images>

<https://www.ciaworldfactbook.us/europe/ukraine.html>

<https://factbook.github.io/up>

Where else can you look for information?

Do you know someone from Ukraine, reach out and ask about life in Ukraine, ask them how to best pray for Ukraine.

WEEK 5

This week let's Sketchnote a Ukrainian Recipe
Check out How to sketchnote a recipe on the next page.

Do some research and find some traditional Ukrainian dishes.

Their independence day is Aug 24th and the traditional meal is Borscht which is a beet soup and Varenyky which are stuffed dumplings (perogies).

Here are some recipes I found if you want to sketchnote these:

Ukrainian Red Borscht Soup

<https://www.allrecipes.com/recipe/84450/ukrainian-red-borscht-soup/>

Ukrainian Olha's Varenyky (Perogies)

<https://www.allrecipes.com/recipe/31778/ukrainian->

SKETCHNOTE RECIPE TEMPLATE

LIST THE SOURCE OF THE RECIPE OR PREP TIME

INGREDIENTS

- ♥ GET CREATIVE WITH YOUR BULLET POINTS OR NUMBERS
- ♥ TRY TO DRAW AN IMAGE FOR MANY OF YOUR INGREDIENTS
- ♥ ADD A LIMITED COLOR PALETTE TO KEEP THE SKETCHNOTE MORE COHESIVE
- ♥ ADD BORDERS AND DOODLES TO EMBELISH WHERE THIS IS A BIT OF OPEN SPACE

DRAW AN IMAGE
OF THE
FINISHED DISH

PROCEDURE

- 1 DRAW THE APPLIANCES USED BESIDE THE INSTRUCTIONS
- 2 DRAW THE KITCHEN TOOLS OR INGREDIENTS AGAIN AS IT MAKES SENSE



USE CALL OUT BOXES
FOR SPECIAL OR
EXTRA INFORMATION