

## THE THIRD PHASE: THE CONTEMPLATION OF THE PASSION

### Picture #3: THE LAST SUPPER

1. Read Jn 13:1-14:31
2. Name your desire to know: Jesus' sorrow / Jesus' Spirit of love / God's desire to redeem us by becoming human.
3. Imagine the scene:
  - What does the place look like?
  - Who is there?
  - How do they express their sorrow and fears?
  - What helps them remain with Jesus?
  - Where are you in the scene?
  - If you want, recreate the scene through art expression.
4. Talk to the characters.
  - Engage the disciples in conversations about pain in their lives.
  - Ask Jesus how he is coping.
  - Beg for the grief that unites you to him, more.
5. Consider:
  - How does it feel to be called 'friend' by Jesus?
  - Is there something about Jesus that stands out here?
  - Notice your motivation to serve as Jesus ministers to you.
  - What resistance do you feel as Jesus gets ready to leave for the Garden?
  - Pray for the courage to go with him.

## THE FOURTH PHASE: THE RESURRECTION

### Picture #4: MARY

You are looking for Jesus of Nazareth, who was crucified. (Mk 16:6)

### Reflections

- She touches his arm, Bewildered. To remain or flee?
- In the stillness Dreams are dashed. Waves of memories wash over her.
- Caress your face? Tears bathe the body. Oh, to be gazed upon once more.
- Stay now. Labor in the quiet. Fully awake, Completely aware Of each movement, Of every moment. Waiting upon this glimmer of hope.

### Questions for Intention:

- When have you experienced the presence of the risen Lord?
- How do you respond when 'it's too good to be true'?"
- What helps you to feel close to loved ones that have died?
- What fears or hesitation do you notice about receiving the consolation of Christ?
- What is it like to be in the moment?

# FEBRUARY 2018

2018

*The Family that Prays  
Together Stays Together*





# The Family that Prays Together Stays Together

## How to Pray with Art?

Prayerful images can inspire viewers' faith as well as their desire to be more creative. You are invited to simply look only at a painting. Or you can look at a painting with text that includes scripture and a poem that reflect on the subject of each painting. In either case the following directions can lead you to more conscious contact with God.

### A Way to Begin:

1. QUIET: Stop for a moment, breathe and simply relax. Perhaps recite a formal prayer.
2. INTENTION: What am I grateful for? What do I want right now?
3. ATTENTION: Look over the entire image. Is there a figure, shape, color, texture or word that calls your attention?
4. NOTICE: What feelings, thoughts, or desires do you notice? What could they reveal about God and your life?
5. RESPOND: Speak to God as you would one friend to another.
6. CLOSE: Offer a prayer or gesture as a way to end the experience.

If you find it helpful, keep a journal to record these sacred encounters. This will allow you to see how God is present in your life over time and share your experience with others.

## Paintings & Reflections

### THE FIRST PHASE: A SINNER LOVED BY GOD

Picture #1: THE WORD, THE WORLD AND THE GETHSEMANE

In the beginning was the word: the word was with God and the word was God. The Word was the true light that enlightens all men; and he was coming into the world. The Word was made flesh, he lived among us, and we saw his glory, the glory that is his as the only Son of the Father, full of grace and truth. (John 1:1,9,14)

### Reflections

- Like sunshine through Venetian blinds, Your light lines my heart with stripes.
- To see your glory is To see your Word, To do your Will.
- Before the gaze of God Generosity generates Freedom and gratitude.

### Questions for Intention:

- What are the "glories" God has used to fashion an image of harmony and peace for the world and for me?
- Recall moments where you felt at one or in balance with all of creation.
- How do I experience God's desires for me and my creative participation in the "Reign of God"?

## THE SECOND PHASE: THE CONTEMPLATION OF THE KINGDOM OF JESUS CHRIST

Picture #2: THE CALL OF CHRIST

In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; (Ephesians 1:13)

### Reflections

- Like sunrise becomes light for the day  
Your desire ignites my heart. Show me how you love.
- Turn the pages of Good News And rest awhile
- Listen for each foot fall, A slow and steady gait, Timed to the rhythm of breathing in tandem

### Questions for Intention:

- What images do you have of Jesus? e.g. The Compassionate One, Rabbi, the Healer, the Beloved, Friend of Outcasts, etc.
- Where do you notice the desire for closeness to Jesus?
- Simply look at Jesus. Can you tell him how you feel about him? How does he respond?