

## **PRAYING WITH ART**

Prayerful images can inspire a viewers' faith.

You are invited to simply look at a painting, a holy object, or an inspiring photo such as a scene in nature with the eyes of faith and with your heart.

### **Steps for Praying with Art, etc.:**

#### **1. Quiet**

- Stop for a moment, breathe and relax.
- Recite a favorite prayer, make up your own prayer, and/or sit in silence in God's presence.

#### **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 to a friend.

#### **6. Close**

- Offer a prayer or gesture as a way to end the experience.
- Thank God for being with you.

It is helpful to keep a journal of your experiences. This is helpful for you to see how God is present in your life over a period of time.

Find a piece of artwork, a photo, or a sacred object in your home, your church, on the internet, or use one of the photos that are on the "Praying with Art, Photos or Holy Objects" page on our website.