

## Praying with Art As We Experience the Resurrection (Mary Sheedy)

Have you ever considered praying with art? Reflecting on paintings such as this one (below) by Eugene Burnand denoting the Disciples Peter and John running to the Tomb on the morning of the Resurrection can actually lead you to more conscious contact with God.

**For your consideration as you pray with an art picture or painting:**

**Quiet:** Stop for a moment – breathe and simply relax.

**Intention:** What am I grateful for? What do I want right now?

**Attention:** Look over the painting. Is there a figure, shape, color, or texture that calls your attention?

**Notice:** What feelings, thoughts or desires do you notice? What could they reveal to you about God in your life?

**Respond:** Speak to God as you would one friend to another.

**Close:** Offer a prayer or gesture as a way to end the experience.

**QUESTION: HOW DOES IT FEEL TO BE DESIRED BY GOD?**

**Further Personal Reflection on this painting:**

How does this painting speak to you?

Notice feelings of consolation, desolation and insights within yourself.

As an observer – what do you see in this scene? What do you feel about the energy exhibited by these two people in this painting?

How do John and Peter in this scene feel about you being present?

How has God listened to you....become more personal and closer to you?

