



Breathe in and out and let your body and mind slow down as you meditate on the piece. Invite the Lord to speak to you about what you see.

What feelings does this work evoke?

What kind of prayer rises from within you as you ponder it? Consider freely journaling your response.

10 min

Visio Divina
Audio Guide



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"Seeds of Hope," Panel III
by Bette Dickinson
Liquid Acrylic and Oil on
Claybord
www.bettedickinson.com



What has served its purpose for a time, but is hindering you from becoming the person God made you to be? Is there something God is inviting you to surrender?

What is the shell (old self) that is being cracked off? What are you tempted to cling to for protection and hope instead of God? How has He been freeing you from clinging to these things through this last year?

On a communal level, what shell might God be cracking off within the local church? What is being put to death in the way we think, believe, and live that is making way for new life?

How is your soul unfolding even in these dark days? Are there new parts of you that are showing themselves? New dreams? New gifts?

How is your heart growing in its longing for God and His Kingdom? Pause to ask the Lord about this.