

Reflecting on Art for the Soul

Throughout history, Christians have used art as a way to draw their imaginations into the story of God's relationship with humankind. In fact, icons have provided access to the biblical narratives for those who are illiterate. The world of art is wide and beautiful, leaving many possibilities for positive inspiration for those who want to incorporate art into the spiritual practice of shaping the imagination. When looking at art, such as a painting, ask God to show you something meaningful.

Set aside uninterrupted time to gaze and reflect on the art piece. Slowly take in the details. After an initial survey, you might even look at just one portion of the piece for a period of time. Consider the following questions as you reflect:

What colors do you see? What do they convey?

What do you notice about lines and tones?

What is in the foreground? What is in the background?

What relationships are depicted?

What emotions does the art draw from you?

Enter the story of this art piece with all your senses. Where are you in the story?

What stands out to you the most as you reflect? Why do you think that is? Talk with God about it.