



Lenten Art Reflection

THE WELL by Mike Moyers

Preparation

The union in openness of body and mind and heart that is prayer begins with attention to each.

First your body: Sit upright, legs crossed or not, feet on the floor or not, lower back pressed against the chair. Or not. Breathe.

Now the mind: As you are able, let these words spill through the mind and down your spine into the earth. Let your thoughts puff away with each breath. As new ones come—tethered as they are to joy or pain—hold them like wounded birds. Then set them aside to heal. Breathe.

And the heart: Vulnerability means able to be wounded. Of course there is resistance. Notice it. With your breath and with energy, pull back the vines and push open your heartgate. Breathe.

Tilt your chin up to the heavens and, with eyes open or closed, look back at the One who looks at you with great affection.

Breathe.

Visio Divina (adapted by Janice MacLean)

Rather than tell you what to think or feel about this icon, you are invited to imagine yourself at the well. Gaze at the picture and open your heart. Be present, and be open.

Gently gaze at the picture and notice the colors, lines, and details. Imagine what lies beyond the dry, arid scene. Are you present at the well or looking on from a distance? Who are you in the scene? What might it be like to be alone? What might it be like to be alone with Jesus?

Use your imagination and reflect on the feelings and longings that this image evokes. What memories or hopes are stirred? Make room within your heart for whatever wants to emerge. Linger here and be open.

Begin to notice what is being revealed and what you are feeling. Do you sense an invitation? What insights have you gained? What work would you like to do today?

Concluding Prayer

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be,
world without end.
Amen.