

## Sample of an Art-natian session:

In preparing to come together with God, I take notice of my breathing, and try to breathe with my belly.

I actively begin by acknowledging God's presence, in the name of the Father, and of the Son, and of the Holy Spirit.

Some sample prayers to start with:

*Sample prayer 1 - the Serenity Prayer by Reinhold Neibuhr.*

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.  
Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as He did, this sinful world  
as it is, not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him  
forever in the next.  
Amen.

Sample prayer 2.

Dear Jesus, may your words and actions, by the power of the Holy Spirit, inspire and enlighten my prayer and my day, according to Our Father's will. I make this prayer in your Holy Name, Amen.

### **Lectio (Read) \***

"My first reading is an opportunity to get to know the Scripture passage. I listen carefully for any words or phrases that seem to jump out. It's important not to force things, but wait patiently for God to give gentle guidance," says Elizabeth Manneh.

### **Meditatio (Reflect)**

"The second reading of the same passage focuses further on the points I become aware of during the first reading. Often I'll just re-read a few verses so I can reflect carefully on where God has nudged me."

"Then I'll reflect on what I believe God is saying. I try not to analyze the passage. It's easy to slip into "study mode" and think about interesting points rather than listening to what God might be saying. It helps to ask God to make His focus clear."

### **Oratio (Respond)**

After a third reading, it's time to respond.

At this point, I start my creative practice. I've prepared beforehand all my materials and space - but it's OK, if you're moved to do something else, please do so.

At the moment I like playing with acrylic paint, so I spend some time taking up a media like a canvas or paper, choosing colors, and really, start playing with those colors. This means moving and mixing the paint on the media

I normally stop when I feel it's time to stop. I listen to my self to know this point. Usually there's a sense of wanting change. This might emerge as a sense of satisfaction, tiredness, boredom, happiness, or wanting a change of scene.

This might be very difficult to accept, but such a practice helps to avoid overthinking about what we are doing, and letting God engage and inspire us.

### **Contemplatio (Rest)**

I might do a final fourth reading, or just be silent, while looking at the joint work of my hand and God's hand. I let myself sit in a tension of still silence and curious wondering for a few minutes.

I journal or blog my prayer experience, if I feel that it is significant, or if it supports a long term self-understanding or discernment process.

I sometimes end with prayer or a conversation with God about this experience together, or any other concerns or joys or thankfulness that was brought up, and close with the sign of the cross.

*\* Taken and adapted from Elizabeth Manneh's post on Busted Halo:*

<https://bustedhalo.com/ministry-resources/lectio-divina-beginners-guide>