

## **Lent VISIO DIVINA BIBLE STUDY – Tuesdays, 10:00am**

### **GUIDED VISUAL MEDITATION & PRAYER**

*Visio Divina, latin for “divine seeing,” is a method of meditation, reflection, and prayer through a process of intentional seeing. Visio Divina extends the 6th century Benedictine practice of Lectio Divina by the use of visual imagery. Traditionally, Visio Divina was accompanied by Benedictine iconography and illuminations, however, different faith traditions have adapted the process over time, utilizing both secular and nonsecular images. We will combine visio divina with traditional lectio divina for a multi-sensory approach to a deeper understanding of the week’s text.*

### **MATERIALS – what to bring with you**

- emailed materials (not essential, but helpful)
- Bibles or copies of the scripture
- Scrap pieces of paper and pencils

### **Getting CONNECTED:**

We will gather Tuesdays from 10:00-11:00 am.

The Zoom link will be the same each time:

<https://zoom.us/j/98775524064?pwd=M3Nsd3pCS2pENnIZTXRqdnU1M2ViUT09>

Meeting ID: 987 7552 4064

Passcode: jNc5HH

### **GETTING STARTED**

Suggestions for the meditative study of art:

- 1) Focus on your breath. If your mind begins to wander, inhale and exhale slowly. Stay mindful of your breathing as a way to bring you back into the present moment.
- 2) When you listen to the scripture reading, hold onto a word or phrase that resonates with you. As you look at the art, consider repeating this word or phrase as a mantra in your head to help you stay focused.
- 3) If you find yourself not knowing what to think, or trying to figure out what the art means, remember that you are invited to simply be an observer. As you look, jot down simple observations about what you see, or ask yourself questions such as, “Why did the artist choose that color?” or “Why did the artist portray the story in this way?” or “How does this art make me feel?” Perhaps your questions will lead to more questions and more observations and then you’ll be getting somewhere.

Feb 23, 2021

### OPENING Poem –

God never begins letters with the words, “I hope this finds you well,” For those words imply distance. Instead, God begins God’s letters to you with the words, “Remember when?” Beloved child, Remember when we dipped our toes into the water? Remember when we dove right in? Remember when the ice cream dripped down our hands And the cicadas sang their song, And the seasons changed, And the days were long? Remember when we fell in love and the world was new? Remember when our heart was broken? Remember the tears? Remember the long nights? Remember when we laughed again and the sound surprised us? Remember when we marched in the street? Remember when we cast our vote? Remember when we believed in hope? Remember when? I do. That’s what God’s letters say. So on this day, and every day to come, Remember: God is meeting you. If you look back, you might remember when.

### LECTIO DIVINA – Genesis 9:8-17

*...take a few moments to write or draw any images, words, or colors that emerged for us during the scripture reading.*

Then God said to Noah and to his sons with him, <sup>9</sup> “As for me, I am establishing my covenant with you and your descendants after you, <sup>10</sup> and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark.<sup>[a]</sup> <sup>11</sup> I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” <sup>12</sup> God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: <sup>13</sup> I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. <sup>14</sup> When I bring clouds over the earth and the bow is seen in the clouds, <sup>15</sup> I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. <sup>16</sup> When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” <sup>17</sup> God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

## VISIO DIVINA - "In Our Hands"

We will meditate and reflect on a piece of visual art.



## **RESPOND**

We will take a few moments to write or draw any thoughts, ideas, or questions.

## **GROUP DISCUSSION**

Keep in mind that there are no right or wrong answers. You will be encouraged to challenge what you see or hear in the scripture text.

March 2, 2021

### OPENING Poem –

I woke up and realized I was sitting at a table that oppression built. The patriarchy made the food. Cheap labor sewed the table cloth. The guest list was exclusive. Fear was the host. And the people seemed happy, But the food tasted awful. Because milk and honey Are reserved for God's promised day. So hold onto your silverware, Because now that I see it, I can't unsee. This table is about to be flipped.

### LECTIO DIVINA – John 2:13-22

*...take a few moments to write or draw any images, words, or colors that emerged for us during the scripture reading.*

<sup>13</sup> The Passover of the Jews was near, and Jesus went up to Jerusalem. <sup>14</sup> In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. <sup>15</sup> Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. <sup>16</sup> He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" <sup>17</sup> His disciples remembered that it was written, "Zeal for your house will consume me." <sup>18</sup> The Jews then said to him, "What sign can you show us for doing this?" <sup>19</sup> Jesus answered them, "Destroy this temple, and in three days I will raise it up." <sup>20</sup> The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" <sup>21</sup> But he was speaking of the temple of his body. <sup>22</sup> After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.



## VISIO DIVINA - "Overturn"

We will meditate and reflect on a piece of visual art.



## **RESPOND**

We will take a few moments to write or draw any thoughts, ideas, or questions.

## **GROUP DISCUSSION**

Keep in mind that there are no right or wrong answers. You will be encouraged to challenge what you see or hear in the scripture text.

March 9, 2021

### OPENING Poem –

If you hold a newborn in your arms, All at once you will understand The crook of your elbow  
And the cup of your palm As never before— Ordinary curves of the body Transformed into a  
resting space. You were designed for love. And if you're lucky enough To hold a newborn in  
your arms, And that newborn curls Its tiny fingers around yours, Making your hands look Like  
the hands of a giant— Then time might stand still, And those around you might point and say,  
“Look! That little one is holding you back.” And in that moment, If you pay attention, You will  
catch a glimpse Of the circle that love was meant to be. God is love, Our resting place. With  
small hands, We hold back.

### LECTIO DIVINA – Ephesians 2:1-10

*...take a few moments to write or draw any images, words, or colors that emerged for us during the scripture reading.*

You were dead through the trespasses and sins <sup>2</sup>in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. <sup>3</sup>All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. <sup>4</sup>But God, who is rich in mercy, out of the great love with which he loved us <sup>5</sup>even when we were dead through our trespasses, made us alive together with Christ<sup>[a]</sup>—by grace you have been saved— <sup>6</sup>and raised us up with him and seated us with him in the heavenly places in Christ Jesus, <sup>7</sup>so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. <sup>8</sup>For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— <sup>9</sup>not the result of works, so that no one may boast. <sup>10</sup>For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.



## VISIO DIVINA - "Prevenient"

We will meditate and reflect on a piece of visual art.



## **RESPOND**

We will take a few moments to write or draw any thoughts, ideas, or questions.

## **GROUP DISCUSSION**

Keep in mind that there are no right or wrong answers. You will be encouraged to challenge what you see or hear in the scripture text.

March 16, 2021

### OPENING Poem –

I can feel change inside of me. It's a slow burn. Change usually starts out hot— Defensive and angry, A self-righteous blanket Of, "I am right and here's why . . ." I wrap it around my shoulders Like a barricade. I fight the temptation to lean forward, To play the challenger, To argue with confidence. But in time, Almost always, The heat fades. The air leaves the balloon. The audacity of it all Starts to wear off. And eventually, What I am left with Is myself And a big, open sky. It's colder here. It's quieter. I can hear my thoughts. And in this big, wide openness I am able to say out loud, "Maybe I wasn't right. Maybe I need to learn. Maybe it's time for change. Maybe that's okay." And if I'm quiet, and if I'm paying attention, I can usually hear God whisper inside of me, "Good work, my child. Now keep digging."

### LECTIO DIVINA – Jeremiah 31:31-34

*...take a few moments to write or draw any images, words, or colors that emerged for us during the scripture reading.*

<sup>31</sup> The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. <sup>32</sup> It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband,<sup>[a]</sup> says the LORD. <sup>33</sup> But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. <sup>34</sup> No longer shall they teach one another, or say to each other, "Know the LORD," for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

## VISIO DIVINA - "Written on our Hearts"

We will meditate and reflect on a piece of visual art.





## **RESPOND**

We will take a few moments to write or draw any thoughts, ideas, or questions.

## **GROUP DISCUSSION**

Keep in mind that there are no right or wrong answers. You will be encouraged to challenge what you see or hear in the scripture text.

March 23, 2021

### OPENING Poem –

I wonder if Jesus could feel his heartbeat In his throat, the way I do when I'm afraid. I wonder if he had to take deep breaths, In through his nose, out through his mouth, Tricking his body into a state of calm. I wonder if he was nauseous, like I am When I'm headed into a hard conversation. I wonder if he had to summon his courage, Tucking fear away so that he could hold onto What mattered most with both hands. I wonder, because time has taught us That it is not uncommon For a peaceful protest To start or end With an unjust death. So I wonder, Did he know? Was he afraid? Did anyone see it? I want to hold what matters most with both hands.

### LECTIO DIVINA – John 12:1-19

*...take a few moments to write or draw any images, words, or colors that emerged for us during the scripture reading.*

**12** Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. **2** There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. **3** Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them<sup>[a]</sup> with her hair. The house was filled with the fragrance of the perfume. **4** But Judas Iscariot, one of his disciples (the one who was about to betray him), said, **5** "Why was this perfume not sold for three hundred denarii<sup>[a]</sup> and the money given to the poor?" **6** (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) **7** Jesus said, "Leave her alone. She bought it<sup>[a]</sup> so that she might keep it for the day of my burial. **8** You always have the poor with you, but you do not always have me."

### The Plot to Kill Lazarus

**9** When the great crowd of the Jews learned that he was there, they came not only because of Jesus but also to see Lazarus, whom he had raised from the dead. **10** So the chief priests planned to put Lazarus to death as well, **11** since it was on account of him that many of the Jews were deserting and were believing in Jesus.

### Jesus' Triumphal Entry into Jerusalem

**12** The next day the great crowd that had come to the festival heard that Jesus was coming to Jerusalem. **13** So they took branches of palm trees and went out to meet him, shouting,

"Hosanna!

Blessed is the one who comes in the name of the Lord—  
the King of Israel!"

<sup>14</sup> Jesus found a young donkey and sat on it; as it is written:

<sup>15</sup> "Do not be afraid, daughter of Zion.

Look, your king is coming,  
sitting on a donkey's colt!"

<sup>16</sup> His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things had been written of him and had been done to him. <sup>17</sup> So the crowd that had been with him when he called Lazarus out of the tomb and raised him from the dead continued to testify.<sup>[d]</sup> <sup>18</sup> It was also because they heard that he had performed this sign that the crowd went to meet him. <sup>19</sup> The Pharisees then said to one another, "You see, you can do nothing. Look, the world has gone after him!"

## VISIO DIVINA - "Through the Palms"

We will meditate and reflect on a piece of visual art.





## **RESPOND**

We will take a few moments to write or draw any thoughts, ideas, or questions.

## **GROUP DISCUSSION**

Keep in mind that there are no right or wrong answers. You will be encouraged to challenge what you see or hear in the scripture text.

March 30, 2021

### OPENING Poem –

We cannot shake hands right now. We cannot hug or kiss cheeks. We cannot lean in to tell stories Or draw close to pray. We cannot pass the peace Or even pass the time in each other's homes. We cannot eat together, Because the world is sick. So instead of holding each other, We hold distance. We hold masks. We hold statistics on the tips of our tongues. We hold fear, We hold space, We hold tense conversations. Maybe by the time you're reading this, The day will have come For all God's people to be gathered at Table. Maybe by the time you're reading this, We will be eating together. Maybe we'll be hugging. Hopefully there will be dancing And laughing and kissing And leaning in to tell stories, And throwing our heads back to laugh. But until that day, I will wiggle my toes, And think of footwashing. I will eat sweet bread, Ravenously, And remember Communion. I will close my eyes, And picture your face. I will clasp my hands And know— As sure as one palm knows the other— That we are being held. We are being held together.

### LECTIO DIVINA – John 13:1-17, 31b-35

*...take a few moments to write or draw any images, words, or colors that emerged for us during the scripture reading.*

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. <sup>2</sup> The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper <sup>3</sup> Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, <sup>4</sup> got up from the table,<sup>[a]</sup> took off his outer robe, and tied a towel around himself. <sup>5</sup> Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. <sup>6</sup> He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" <sup>7</sup> Jesus answered, "You do not know now what I am doing, but later you will understand." <sup>8</sup> Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." <sup>9</sup> Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" <sup>10</sup> Jesus said to him, "One who has bathed does not need to wash, except for the feet,<sup>[b]</sup> but is entirely clean. And you<sup>[c]</sup> are clean, though not all of you." <sup>11</sup> For he knew who was to betray him; for this reason he said, "Not all of you are clean."

<sup>12</sup> After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you?" <sup>13</sup> You call me Teacher and Lord—and you are right, for that is what I am. <sup>14</sup> So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. <sup>15</sup> For I have set you an example, that you also should do as I have done to you. <sup>16</sup> Very truly, I tell you, servants<sup>[d]</sup> are not

greater than their master, nor are messengers greater than the one who sent them. <sup>17</sup> If you know these things, you are blessed if you do them.

<sup>31</sup> When he had gone out, Jesus said, "Now the Son of Man has been glorified, and God has been glorified in him. <sup>32</sup> If God has been glorified in him,<sup>[a]</sup> God will also glorify him in himself and will glorify him at once. <sup>33</sup> Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, 'Where I am going, you cannot come.' <sup>34</sup> I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. <sup>35</sup> By this everyone will know that you are my disciples, if you have love for one another."



## VISIO DIVINA - “You, Too, Must”

We will meditate and reflect on a piece of visual art.





## **RESPOND**

We will take a few moments to write or draw any thoughts, ideas, or questions.

## **GROUP DISCUSSION**

Keep in mind that there are no right or wrong answers. You will be encouraged to challenge what you see or hear in the scripture text.