



Reflective Worksheet

Experiencing the Story through a picture

This reflective worksheet is designed to help you engage with God through a Scriptural story explored through a picture.

There are many ways to experience God through a story. Usually, an individual finds one or two practices most helpful. After you explore this method, reflect on the experience. If you've found it rich and deep, use the method again with another Scriptural narrative. If the method proved unhelpful, put it aside and try a different approach.

Engaging with God through a story is a prayer practice and we will treat it as such.

Preparing to pray

Take a few moments to settle down; breathe deeply, welcome the Holy Spirit, and invite God to guide you. Trust God to reveal what He desires you to see today.

For our prayer reflection, we'll use the first part of the story of the woman who met Jesus at the well.

Listen to the story

1. Slowly read the story aloud and listen as you do so. Then, do it again. Feel the shape and flow of the story. Circle the words, phrases or images that particularly attract your attention. Try not to analyze, interpret or apply. The goal is to hear and notice what the Spirit desires to reveal to you today.

"A woman from Samaria came to draw water. Jesus said to her, "Give me a drink." (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." John 7-10 ESV

Explore

Search the internet for pictures associated with this story. You could just type "woman at the well" and search Google images. Choose a picture that attracts your attention-it might be one that you especially like or especially don't like.

Take your time to sit with the picture. You don't need to analyze, interpret, or take note of what you see. Again, welcome the Holy Spirit. Ask God to speak to you as you pray with the picture you've chosen.

2. What words come to mind as you look at the picture you've chosen?

3. Describe the picture itself. What is the mood of the picture, the structure, colors, and movements. Write down the things you notice.

4. What do you sense about yourself through the picture you've chosen?

5. What do you sense about God through the picture you've chosen?
