



## Reflective Worksheet

# Reflecting on God's Images in Images

This reflective worksheet provides a guideline for exploring the images of God given in scripture with your own chosen images. This practice is meant to be an act of scripture based, contemplative prayer.

This worksheet corresponds with our Santé summer 2017 community activity. You can use this worksheet to deepen your involvement with our community activity, however, participation in the community activity is not required.

### Resources you'll need

You will need several resources to use this method of prayer.

- Access to a Bible, concordance, and topical Bible.

You can find all of these resource on the Internet. You might try <http://biblehub.com> or <https://www.biblegateway.com>.

- Access to images.

There are a number of image collections on the Internet. The simplest to access is <https://images.google.com>.

- Journal

You can use either an electronic or paper journal.

- Technical skill

You'll need to be able to save, copy, paste or print images.

### Enter your prayer time

Before you begin this worksheet, take a few moments to welcome the Holy Spirit and invite God to guide you. Trust him to speak to you as you seek him.

### Choose one image of God to explore

We are using the following images of God for our community activity. You might choose one these images as a starting point for your own reflection.

|                   |                  |
|-------------------|------------------|
| Jehovah-Rohi      | Jehovah Rapha    |
| Jehovah Jireh     | God as water     |
| Jehovah-Shalom    | El Roi           |
| Jehovah Nissi     | Jehovah-Tsidkenu |
| Jehovah-Shammah   | God as Door      |
| Jehovah-M'Kaddesh |                  |

## Research the God-Image you chose

1. Use a Bible, concordance, and topical Bible to read scriptural passages where the image of God you chose is expressed.

**The goal here is to ground your reflection in scripture.**

**It is not to conduct an exhaustive analysis of the image you've chosen.**

2. As you read, write down a few of your own words or phrases that describe the image you chose.

## Choose an image (picture) that expresses the Image of God you chose

3. Use your Internet access to locate and choose a picture that expresses the image of God you chose.

Your picture needn't be descriptive. (See examples below)

**Choose an image that expresses to you, the image of God you've chosen.**

4. Paste the image you chose into your journal.

Example Jehovah Rohi images chosen by others.



## Explore the expression-image you chose

5. In your journal, explore how the image you chose expresses God's image from scripture. You might notice:
  - A. How does my picture express God's character?

- B. What does my picture stir within me? (For this question, consider both what you think, cognitively and what you feel in your body.)
- C. How does this picture lead me toward God? (Notice how your picture leads you toward an expression of greater faith, hope, love or some other fruit of God's Spirit.)

Example 1:

- A) God may be reminding you he's capable.
- B) You might think; oh, I'm not alone. You might feel safe.
- C) You might recognize confidence; a strengthening trust in God.



Example 2:

- A) God may be reminding you that God's holding you.
- B) You might think; I'm not in control. You might feel excited.
- C) You might recognize a growing hopefulness.

**Trust God to speak to you, personally, through the image you've chosen.**

## Find yourself with God in the image you chose

- 6. In prayer ask God what you're part is in reference to the image of God you're exploring. This is an exploration of relationship.



Example 1:

God may be inviting you to do what's before you, trusting that he's watching over you.

Example 2:

You may sense God saying; I have so much to show you.



## Find God's image in you

You are created in the image of God. You carry God's image into the world.

- 7. In prayer, ask God how YOU express the image you've chosen to others in the world.

This is an exploration of a gift you bring to the world.

Example 1:

You might see your role in the professional job and your responsibility to your coworkers.



Example 2:

You might see yourself taking your children or grandchildren to the beach to explore and play.

### **You express God's image in your personal life**

## Close your prayer time

When you're finished, close your prayer time and return to your daily activities.



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