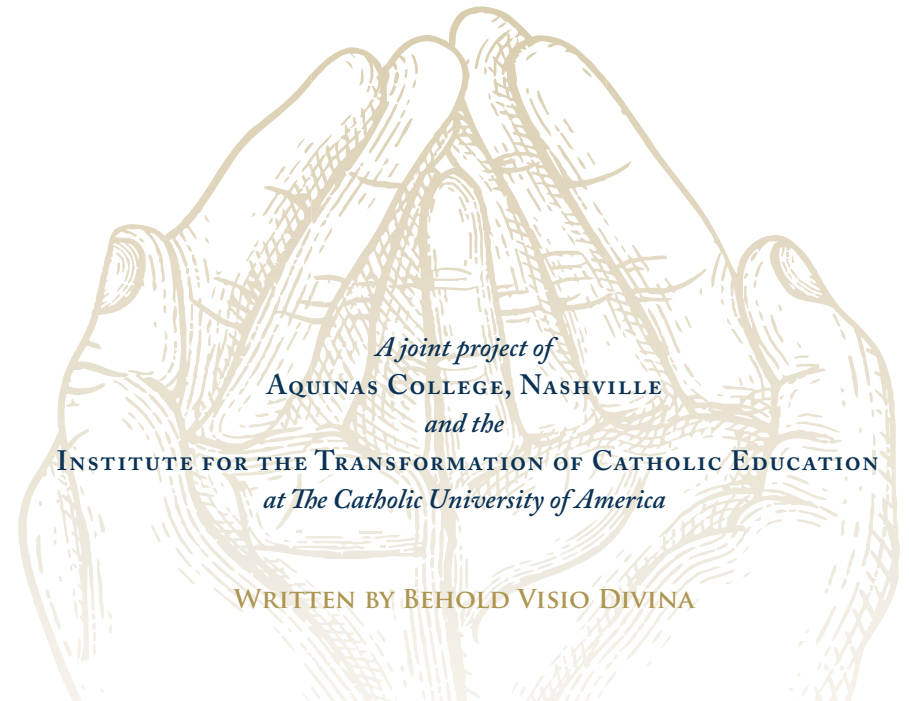


Cited Images

- Siemiradzki, Henryk. *Christ and the Woman of Samaria*, 1890, oil on canvas. Borys Voznytskyi Lviv National Art Gallery, Lviv. *Wikiart*. <https://www.wikiart.org/en/henryk-siemiradzki/christ-and-the-samaritan-woman>. Accessed Aug. 3, 2022.
- Michaelangelo, *The Creation of Adam* (cropped), c. 1511, fresco. Sistine Chapel, Vatican City. *Wikimedia Commons*. [https://commons.wikimedia.org/wiki/File:Michelangelo_-_Creation_of_Adam_\(cropped\).jpg](https://commons.wikimedia.org/wiki/File:Michelangelo_-_Creation_of_Adam_(cropped).jpg). Accessed Aug. 3, 2022.
- Fra Angelico (Bl. John of Fiesole). *Noli me tangere* [Touch Me Not], 1438, fresco. Museum of San Marco, Florence. *Wikimedia Commons*. https://commons.wikimedia.org/wiki/File:Angelico,_noli_me_tangere.jpg. Accessed Aug. 3, 2022.
- Vermeer, Johannes. *Christ in the House of Martha and Mary*, 1654-6, oil on canvas. Scottish National Gallery, Edinburgh. *National Galleries Scotland*. <https://www.nationalgalleries.org/art-and-artists/5539>. Accessed Aug. 3, 2022.
- Caravaggio, Michaelangelo Merisi da. *The Calling of Saint Matthew*, c. 1599-1600, oil on canvas. *Caravaggio*. <https://www.caravaggio.org/the-calling-of-saint-mathew.jsp>. Contarelli Chapel, Rome. Accessed Aug. 3, 2022.
- Rembrandt van Rijn. *The Storm on the Sea of Galilee*, 1633, oil on canvas. Unknown. *Gardner Museum*. <https://www.gardnermuseum.org/experience/collection/10953>. Accessed Aug. 3, 2022.
- Tissot, James. *Meal of Our Lord and the Apostles*, c. 1886-1894, opaque watercolor over graphite on gray wove paper. Brooklyn Museum, New York. *Brooklyn Museum*. <https://www.brooklynmuseum.org/opencollection/objects/13528>. Accessed Aug. 3, 2022.
- Strozzi, Bernardo. *Doubting Thomas*, 1620, oil on canvas. Museo de Arte de Ponce, Puerto Rico. *Google Arts & Culture*. <https://artsandculture.google.com/asset/doubting-thomas-bernardo-strozzi/7gGtdJAxF2krGQ?hl=en>. Accessed Aug. 3, 2022.
- Rublev, Andrei. *The Trinity*, c. 1411-1425, tempera on panel. Tretyakov Gallery, Moscow. *ArtWay*. <https://www.artway.eu/content.php?id=730&lang=en&action=show>. Accessed Aug. 3, 2022.
- Fra Angelico (Bl. John of Fiesole). *Visitation*, 1433-4, tempera on wood. Diocesan Museum in Cortona, Italy. *WikiArt*. <https://www.wikiart.org/en/fra-angelico/visitation-1434>. Accessed Aug. 3, 2022.
- Murillo, Bartolome Esteban. *The Return of the Prodigal Son* (cropped), 1670, oil on canvas. National Gallery of Art, Washington, DC. *National Gallery of Art*. <https://www.nga.gov/collection/art-object-page.34956.html>. Accessed Aug. 3, 2022.

PRAYER COMPANION

for



A joint project of
AQUINAS COLLEGE, NASHVILLE
and the

INSTITUTE FOR THE TRANSFORMATION OF CATHOLIC EDUCATION
at The Catholic University of America

WRITTEN BY BEHOLD VISIO DIVINA

Insight is a Social and Emotional Learning professional development program designed by Aquinas College in Nashville, Tennessee and the Institute for the Transformation of Catholic Education at The Catholic University of America. Behold Visio Divina LLC was contracted to create this supplemental Prayer Companion for *Insight*.

Text of this booklet: Copyright © 2022, Behold Visio Divina LLC. All rights reserved.

Insight logo and lesson titles in this booklet: Copyright © 2022, Aquinas College. Used by permission.

Scripture quotations are from the Catholic Edition of the Revised Standard Version of the Bible, copyright © 1965, 1966 National Council of the Churches of Christ in the United States of America. Used with permission. All rights reserved.

Permission is hereby granted to duplicate this work in its entirety only without adaptation or modification for non-commercial, educational use. Apart from the foregoing, no part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without permission in writing from Behold Visio Divina LLC.

Edited: Kevin Weiss
Cover design: Design Q Studio, LLC

Questions for Personal Reflection

1. In this image and Scripture, we see the embrace of the Father in the midst of our sins. He loves us and forgives us, even when we hurt Him. Take this to prayer.
2. Place yourself in this scene. Is it hard to receive the Father's mercy? If so, ask the Lord about it and take it to prayer.
3. Is there someone you are finding it hard to forgive in your own life? Take this to prayer and ask Jesus for find the grace to experience the freedom found in forgiveness.
4. In your classroom, what are ways you can cultivate forgiveness as students see that they are loved and forgiven by God, and called to love and forgive one another?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

Do not be like them, for your Father knows what you need before you ask him. Pray then like this:

Our Father who art in heaven,
Hallowed be thy name.
Thy kingdom come,
Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread;
And forgive us our debts,
As we also have forgiven our debtors;
And lead us not into temptation,
But deliver us from evil.

— *Matthew 6:8b-13*

TABLE OF CONTENTS

Introductory Letter	i
Steps of Visio Divina	1
Opening Prayer	3
Intro to Insight	4
Lesson 1: Seeing as God Sees	6
Lesson 2: Understanding Emotions	8
Lesson 3: Peering through the Fog	10
Lesson 4: Seeing Things Through	12
Lesson 5: The Eye of the Storm	14
Lesson 6: Hindsight is 20/20	16
Lesson 7: Seeing Red	18
Lesson 8: Looking for the Good... in Everyone	20
Lesson 9: Opening the Eyes of the Heart	22
Lesson 10: Seeing Face to Face	24
Images Cited	26

What is ITCE and What is Behold

Founded in 2021, the Institute for the Transformation of Catholic Education (ITCE) at The Catholic University of America advances the distinctive excellence of Catholic education as a gift for each person and for society. We foster a vision of education and formation that is rooted in Christ, draws from the great treasury of the Church's tradition, and aims at the full flourishing of the human person in wisdom, virtue, and holiness. We inspire and promote the spiritual, intellectual, cultural, and operational renewal and transformation of our nation's PK-12 Catholic schools through teacher and leader degree and professional development programs, school accreditation, and research.

Behold is an organization that gathers Catholics to grow in an understanding of themselves and God more deeply through prayer. It is focused on meeting the living God through Visio Divina, or praying with sacred art.

Visio Divina is a complement to Lectio Divina, which is an encounter with God and listening to His voice through open receptivity to His Word. It is allowing God to lead us to Him and to change our lives by not only listening to Him, but also seeing Him visually through art.

Introductory Letter

Dear Educators, Catechists, and Parents,

It is such a joy to be a part of this beautiful initiative to incorporate a prayer portion as support for the beautiful work that you do in forming future generations. My name is Katie Weiss, and I am a teacher, artist, and formator for Behold, an organization that helps people to pray with art.

For years, I have been in the classroom teaching both high school and elementary students, and those years are full of fond memories of learning, joy, and relationship. Reflecting on that time, I see years of growth as I learned from trial and error and from other teachers the best ways to have my students encounter Christ.

Questions for Personal Reflection

1. In this image, we see the beauty of Christian friendship, willing the good of the other. What are Mary and Elizabeth showing about friendship? Take this to prayer.
2. Are there any friendships I desire to grow in my own life? Bring these to Jesus.
3. How can I model friendship in my classroom going forward?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechari'ah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord."

— *Luke 1:39-45*

A faithful friend is a sturdy shelter:
he that has found one has found a treasure.
There is nothing so precious as a faithful friend,
and no scales can measure his excellence.
A faithful friend is an elixir of life;
and those who fear the Lord will find him.
Whoever fears the Lord directs his friendship aright,
for as he is, so is his neighbor also.

— *Sirach 6: 14-17*

When I started, I found I was excited, but burdened with an anxiety that all my lessons needed to be “perfect”. Knowing the immense privilege of forming the students before me, I was filled with fear of making a mistake. But, over time, I learned that through being honest with my own struggles with the Lord and myself, and even being open to making mistakes in the classroom and learning from it, I was modeling to my students what it meant to follow Christ, in both our strengths and weaknesses. I learned more and more that I was the best witness to my students when I encountered Christ myself.

This companion was formed with the collaboration of experts and teachers, who brought their gifts to the table to form a program to help you feel supported in your journey as educators. It is our hope that you find this enriching, both in your own life, and as an educator.

Included in this companion are 10 lessons on Visio Divina to complement the Insight Social and Emotional Learning professional development program designed for K-12 Catholic school educators. Visio Divina is a term used in prayer similar to Lectio Divina, which is “Divine Reading”, or praying with Scripture. Lectio Divina is the practice which has been in the Catholic Church for ages, to lead one to a deeper relationship with Christ by listening to His Voice and talking more with him in conversation from those words.

Visio Divina is similar in its use of Scripture for prayer, just having an additional sense, our eyes, to lead us to prayer as well. From the beginning, the Church has been using sacred art to evangelize and pray. In the Middle Ages, stained glass windows were used to evangelize the illiterate. Most recently, we use the Stations of the Cross to pray during Lent. Using sacred art, we will place ourselves in scenes in the life of Christ and the disciples in order to encounter Him more deeply.

These “visios” are complements to the *Insight* video lessons. Each of those videos hits on a certain theme on helping form ourselves and our students in growing as integrated persons living in freedom in Christ. In addition to those videos, these Visio Divina lessons help integrate the experience by having a prayer support. With these lessons to pray through, you will be asked to talk to the Lord about these topics, and to find ways you desire to grow in virtue with Him, and how you desire to live it out in your classroom.

It is our hope that by providing these resources on prayer, you can integrate the social emotional lessons. These Visio Divina lessons can be used either as an opening or closing prayer for a faculty meeting during which you are using *Insight* or as an optional monthly small group gathering (30-60 minutes) for faculty, staff, or parents.

If you are unfamiliar with this form of prayer, do not be afraid. We have outlined in this companion how to do this step by step as seen on the following pages. You have the freedom to work through these steps together as a faculty or individually, taking as long as you need for each step.

The Lord has a Word specifically for you which He desires to speak in prayer. Know that He desires an intimate relationship with you and loves you, and that He longs to speak to you during this prayer time. Do not be afraid to let down any walls you may have in your heart to trust Him and let Him enter into your life.

May Christ, the Teacher, guide us.

In Christ,

Katarina Walton

Katie Weiss

Founder of Behold Visio Divina



While this is the usual order of the steps of Visio Divina, know that it is a process of openness to whatever the Holy Spirit leads you to. Do not be concerned if you do not follow this layout exactly. These steps are simply an outline to guide you to conversation with God.

Questions for Personal Reflection

1. We are invited in this image to join the Trinity in relationship and communion. Is it easy or difficult to approach the Trinity and be loved? If it is difficult, ask the Lord why it is hard to receive His love and ask for healing in these places.
2. What is a relationship in my own life where I desire deeper communion and healing. Bring these to Jesus and ask Him about them.
3. We are called as educators to be a presence of God's love to our students, no matter what their background or flaws. We can be in awe of the person God has created them to be. How can I cultivate this love and presence in my classroom?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

If you abide in me, and my words abide in you, ask whatever you will, and it shall be done for you. By this my Father is glorified, that you bear much fruit, and so prove to be my disciples. As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.

“This is my commandment, that you love one another as I have loved you.

—*John 15:7-12*

The Steps of Visio Divina

VISIO

This time is spent *gazing* upon an image, trusting that God will use it to speak to your heart. This is the time to be aware of what is striking you most about the image. In this step, we do not just look upon the image, but are in a dialogue with God in regard to what is going on in our hearts.

MEDITATIO

The *meditation* stage is reflecting on the meaning of the image. After being open and receptive in the Visio stage, you let the image stir some questions in your heart. At this stage in Visio Divina, a Scripture passage will be read aloud to cultivate a deeper understanding of the image, and time will be given to journal and pray on the reflection questions.

ORATIO

The step of *prayer* is a response to God's word in the experience of sacred art. Depending on what you have experienced in Scripture and the image, your prayer may be sorrow, adoration, or joy. At this stage, a vocal prayer will be said aloud, with some more quiet time for you to pray from the experience of your heart in Visio.

CONTEMPLATIO

Contemplation is simply resting in God and is a time of divine intimacy. At this stage, you are drawn into relationship, a loving encounter with God. Receive the graces that God wants to give you in this moment.

OPERATIO

This stage is the one in which you ask yourself and God how to apply what you have received through prayer into concrete *action* in your own life. You ask, “How will I live this out?”



LESSONS

Questions for Personal Reflection

1. Place yourself in this scene. What is Jesus saying to you? Ask Him about this.
2. Jesus is calling us to intimacy with Him in our own struggles with places we have felt hurt. In such spaces, invite the Lord and ask Him what He desires you to do in these places.
3. As an educator, you can be Christ to your students, modeling to them that it is important to feel anger so it is not repressed, but also to choose the good. How can you do this in your own classroom going forward?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

And when they came to the place which is called The Skull, there they crucified him, and the criminals, one on the right and one on the left. And Jesus said, "Father, forgive them; for they know not what they do." And they cast lots to divide his garments.

— *Luke 23:33-34*

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe."

Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet believe."

— *John 20:19-29*

Opening Prayer

Come Holy Spirit,
fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created,
and You shall renew the face of the earth.

O God,
who by the light of the Holy Spirit,
did instruct the hearts of the faithful,
grant that, by the same Holy Spirit,
we may be truly wise
and ever enjoy His consolations,
through Christ Our Lord.
Amen.



Scripture Reading

So [Jesus] came to a city of Samar'ia, called Sy'char, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour.

There came a woman of Samar'ia to draw water. Jesus said to her, "Give me a drink." The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samar'ia?" 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." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Every one who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw."

Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he."

—*John 4:5-15, 21-26*

Questions for Personal Reflection

1. Place yourself in this scene. What is Jesus saying to you? Take this to prayer.
2. In this passage, we see Christ coming to Peter in the very place of his wounds and weaknesses...The place where he denied Jesus. In this place of struggle, Jesus supports Peter with His Love. What, in your own life, do you feel defined by? Bring this to Jesus and ask what He says to you in these places.
3. Peter is supported by love in an area where he betrayed the Lord. Jesus is exemplifying to us how we can model to our students when they make a mistake. How can I model that they are loved even when they make mistakes, and encourage them to have courage and live resilience?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.” A second time he said to him, “Simon, son of John, do you love me?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Tend my sheep.” He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” And he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep. Truly, truly, I say to you, when you were young, you girded yourself and walked where you would; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish to go.”

— *John 21:15-18*

Questions for Personal Reflection

1. What struck you about this image and Scripture? Why?
2. In this passage Jesus models to us what it is to live our lives in freedom. What is He revealing to you in this passage? Is there an area in your life you desire deeper freedom through living the virtues?
3. Jesus says, “Every one who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst.” He points out our deepest desires. Are there any desires you desire to bring to the Lord? How can you live this out in your life and classroom?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

Then God said, “Let us make man in our image, after our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth.” So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them, and God said to them, “Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.” And God said, “Behold, I have given you every plant yielding seed which is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, a sixth day.

— *Genesis 1:26-31*

Questions for Personal Reflection

1. Place yourself in this scene. What is striking you? Take these to prayer.
2. In this scene, we see Christ is present and comes to us in our anxiety, like He did for the disciples. What is an area in my life where I am experiencing anxiety? Call Jesus into this place. What does He say to you in these spaces?
3. What are ways you can cultivate trust in Jesus and asking for Jesus’ help when your students experience fear? How can you teach them to feel their fear, but also choose to trust God and experience His love in those places where they are afraid.

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?

Scripture Reading

On that day, when evening had come, he said to them, “Let us go across to the other side.” And leaving the crowd, they took him with them, just as he was, in the boat. And other boats were with him. And a great storm of wind arose, and the waves beat into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion; and they woke him and said to him, “Teacher, do you not care if we perish?” And he awoke and rebuked the wind, and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm. He said to them, “Why are you afraid? Have you no faith?” And they were filled with awe, and said to one another, “Who then is this, that even wind and sea obey him?”

— *Mark 4:35-41*

Questions for Personal Reflection

1. What struck you about this image and Scripture? Talk to the Lord about this?
2. In this lesson, we learned that we are made with an immense dignity above the rest of creation. We are made for relationship. Is there a place in your life where you are desiring this relationship, either with God or others? Talk to Jesus about this and what He desires for you.
3. In this lesson, we learned that we are given the immense gift of being able to form those put in our care. What is something I find hard about living in the awe of the dignity of the student before me? How can I grow in receiving the gifts of the unique persons placed in my care? Ask the Lord about this.

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

But Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. They said to her, “Woman, why are you weeping?” She said to them, “Because they have taken away my Lord, and I do not know where they have laid him.” Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom do you seek?” Supposing him to be the gardener, she said to him, “Sir, if you have carried him away, tell me where you have laid him, and I will take him away.” Jesus said to her, “Mary.” She turned and said to him in Hebrew, “Rab-bo’ni!” (which means Teacher). Jesus said to her, “Do not hold me, for I have not yet ascended to the Father; but go to my brethren and say to them, I am ascending to my Father and your Father, to my God and your God.” Mary Mag’dalene went and said to the disciples, “I have seen the Lord”; and she told them that he had said these things to her.

—*John 20:11-18*

Questions for Personal Reflection

1. Placing yourself in Matthew’s place in this scene, does anything come up? Is there fear, joy, or something else? Pray through this with the Lord.
2. Matthew is confronted with the decision to follow Jesus. He chooses to leave everything to follow Christ. Is there a place in my life or heart that Jesus is inviting me to deeper relationship with Him? Ask Him for the grace to take action and follow Him.
3. As an educator, how can you model and help your students live out following Jesus and making good decisions in virtue?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

After this he went out, and saw a tax collector, named Levi, sitting at the tax office; and he said to him, “Follow me.” And he left everything, and rose and followed him.

— *Luke 5:27-28*

Questions for Personal Reflection

1. Place yourself in this image. How would you respond as you saw Jesus? Take this to prayer.
2. In this passage, Mary is responding out of her great desire to be with the Lord. She is overwhelmed with sorrow, joy, and many other emotions. Do you find yourself struggling with feeling overpowered by a particular emotion? If so, ask the Lord what He desires in this space of your heart.
3. As a teacher, how can you be like Christ to Mary Magdalen, who directs Mary to what is truly important? What are ways you can incorporate this in your own teaching going forward?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?



Scripture Reading

Now as they went on their way, he entered a village; and a woman named Martha received him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her."

— *Luke 10:38-42*

Questions for Personal Reflection

1. What strikes you about this image or Scripture? Take these to prayer.
2. In this passage, we see Jesus walking Mary and Martha through how to “peer through the fog”. Martha feels burdened by serving, and yet feels stuck in that. Is there an area in your life where you feel stuck and find it hard to see reality clearly? Talk to Jesus about this.
3. As educators, we are called to live in the freedom of the truth, and to help our students do the same. What are ways you can model Jesus in this passage for your students? How can you model the virtue or prudence in your classroom?

Questions for Small Group Discussion

1. What struck you about this image or Scripture? Why?
2. What did you learn about yourself?
3. How do you hope to live this in your classroom with your students?