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PATH OF PEACE

Listening to the Good Shepherd



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PATH OF PEACE

"Show me your ways, Lord, teach me your paths."

Psalm 25:4



FINGER LABYRINTH

Settle in. Take a deep, long breath. Remind yourself that God, who loves you, is closer to you than your own skin.

Place your finger (or pencil) at the entrance to the finger labyrinth and start slowly tracing your way toward the center. Imagine that you are on a pilgrimage, a holy journey of the heart.

Take your time. You will notice that at one point you were closer to the center, and then moved farther away again.

Talk to God. What do you want to tell him about your life right now? Things that you are sad, worried, happy or excited about?

Once you have reached the center, pause there for a while.

Be still and listen to God. What might God like to tell you when you come to listen with him?

When you are ready, start tracing your way outward, away from the center carrying God's loving words with you. What do you want to **say or do as a response to God?**

I WONDER...

What is your life like now? Draw or color the labyrinth or/and around it showing what your life feels like to you now.

Have you ever been lost? Where were you? What happened? How did you feel? How did you find your way back? Or did someone find you?

What helps you to know that God is close to you? When God feels far away, how do you find your way back to his felt nearness?

When you are still and listen to God, what does he say to you?

Can you draw an invisible labyrinth with your finger on the palm of your hand?



LECTIO DIVINA

Holy Reading

This prayer will help us to listen to God through the Bible. Choose a short text from the Bible that you would like to read. Some ideas are listed here.

Pause (Silencio)

Take a deep breath and settle down. In the silence, ask God to speak to you.

Read (Lectio)

Read slowly or listen to a short text. Notice what words, images or phrases catch your attention.

Reflect (Meditatio)

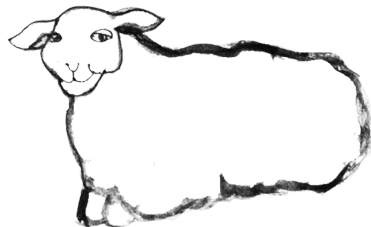
Read or listen to the text again. Think about the words and what God might be saying to you through them.

Pray (Oratio)

Read or listen to the text one last time. Talk to God about what you heard. Talk about your feelings and ideas as a response to what you have heard him speak to you through the text.

Rest (Contemplatio)

Wait and rest with God. Let the words stay with you for another moment in silence.



Isaiah 40:11

He (God) tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

Psalms 23: 1-6

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Mark 6:34

When he (Jesus) went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things.

Luke 15: 3-7

Then Jesus told them this parable: "Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, 'Rejoice with me; I have found my lost sheep.'

John 10:11

I (Jesus) am the good shepherd; the good shepherd lays down His life for the sheep.

John 10: 27

My (Jesus') sheep hear my voice, and I know them, and they follow me.

VISIO DIVINA

Holy Seeing

This prayer helps us to listen to God with our eyes, through carefully looking at the things we see. You can pray this prayer with a piece of art that you have made yourself, or that someone else made, or use a photograph, sculpture or an everyday object.

Pause (Silencio)

Take a deep breath and settle down. In the silence, ask God to speak to you through what you see.

Read (Lectio)

Look at a picture that you have chosen. What do you see? Notice what details, colors, shapes, or characters catch your attention.

Reflect (Meditatio)

Look at the image now with the curiosity what God might see in it and what he may want to show you through the image.

Pray (Oratio)

While you look at the image, talk to God about what you see. What feelings, memories and thoughts come to mind? Talk about your feelings and ideas about what you see in the image now.

Rest (Contemplatio)

Wait and rest with God. Let the image stay with you for another moment in silence.

TERRA DIVINA

Holy Nature

This kind of prayer helps us to listen to God through the natural world (animals and nature). You can pray this prayer in the forest, park, beach, or even your backyard. You can also pray this prayer indoors by closely looking at a pet, a plant or an object that you have found in nature (stone, seed, seashell, stick, etc.)

Pause (Silencio)

Take a deep breath and settle down. In the silence, ask God to speak to you through his creation.

Read (Lectio)

Start to notice the nature around you. What smells, sounds, sensations, and sights do you find?

Reflect (Meditatio)

Look at the nature around you, what are you most interested in? Move closer to the one thing you are most curious about, and wonder what it has to tell you. What do you like the most about it? What might God be saying to you through it?

Pray (Oratio)

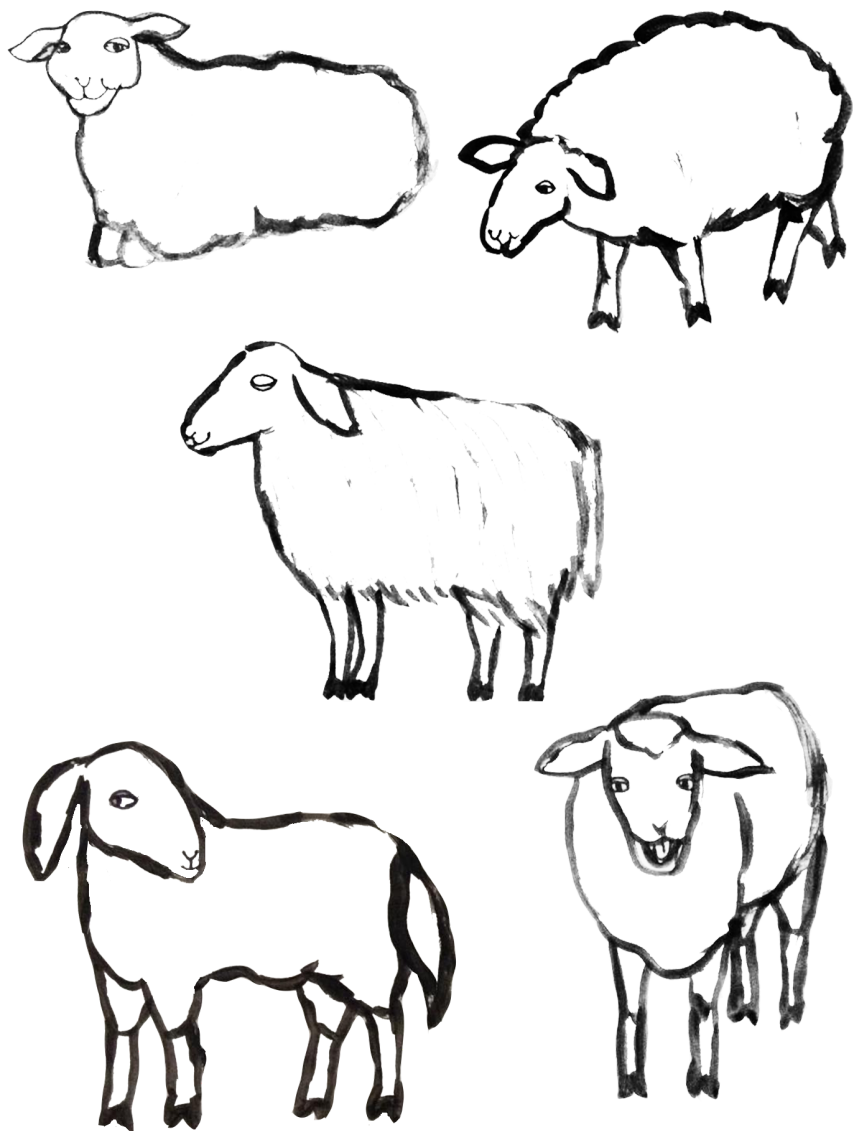
Talk to God about what you have seen, touched or heard. Talk about your feelings and ideas as a response to what you experienced through nature.

Rest (Contemplatio)

Wait and rest with God. Stay where you are for another moment in silence.

I AM GOD'S PET SHEEP

✂ art cutouts



I wonder, if you were a sheep, what kind of sheep would you be?

Where do you want to be with your Good Shepherd? ✎



Draw the surroundings of your peaceful place in the frame around Jesus and the sheep, or cut the picture out and place it somewhere restful where you want to be with Jesus.