



Long Look; Deep Listen

a soul care guide

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*The heavens declare the glory of God, and the sky above proclaims His handiwork.
Psalm 19:1 ESV*

As you introduce the spiritual practice of Long Look; Deep Listen to others, invite them to **allow this visual encounter to draw them into intimacy with God**. This practice (sometimes called a sacred seeing or praying with our eyes) is an opportunity to linger to watch for God's love messages scattered throughout art and objects that reflect God's creation.

Ask God to direct your attention to a piece of art or a place in nature that will bring His attributes into clear view for the people you lead.

Give the group a few minutes of quiet to detach from their busyness.

Introduce this practice by sharing God's desire to give His people visual reminders of His character in His intentional design of the Tabernacle (and also the Temple) in the Old Testament. (Exodus 31:1-8)

Invite the group to venture into a time of intentionally watching for the Great Artist's appearances within a piece of artwork for about 5 minutes.

For the next 5 minutes, remain quiet to watch for the subtle, yet undeniable details that proclaim how much God values you, loves you, and invites you into everything the Trinity creates and orchestrates. **Gaze long enough to see God in the art or in nature**, and be reminded of who God is.

Slowly present the questions below for personal reflection and journaling.

Then ask the questions again and give opportunity to share with the group.

Give a final few minutes of quiet looking so they can silently respond to God.

**Come, care for your soul as you encounter the invisible
by lingering with the visible.**



1- **Big Picture:** In a quiet place, pause and linger as you look at art or nature.

2- **Little Details:** Notice the small things that God is calling to your attention.

3- **Come closer/Be curious:** Explore what you see with lots of questions.

What part of God is reflected in this?

What word describes your emotional response?

How does this reflect who you are - and where you are in relationship to God?

Ask God: What do You want me to see in this that reveals what I really desire? What do You want me to remember as I give this a long look?

What are You inviting me to?

4- **Personal Invitation.** Listen for God's answers. Respond to specific invitations related to what you have seen and heard.