

Meditating

ON

ART



To meditate is to think on something carefully and deeply for a period of time.

Throughout Holy Week, use this resource corporately or individually, to allow art and creativity to inspire you and draw you closer to our creative God.

Use these resources to focus your mind on Jesus, to aid your prayer time or simply to make space to abide.

Most of the resources below are links signposting you to wider external material to support you in your artwork meditation including:

- Visio Divina
- Colouring books and sheets
- Videos

VISIO DIVINA

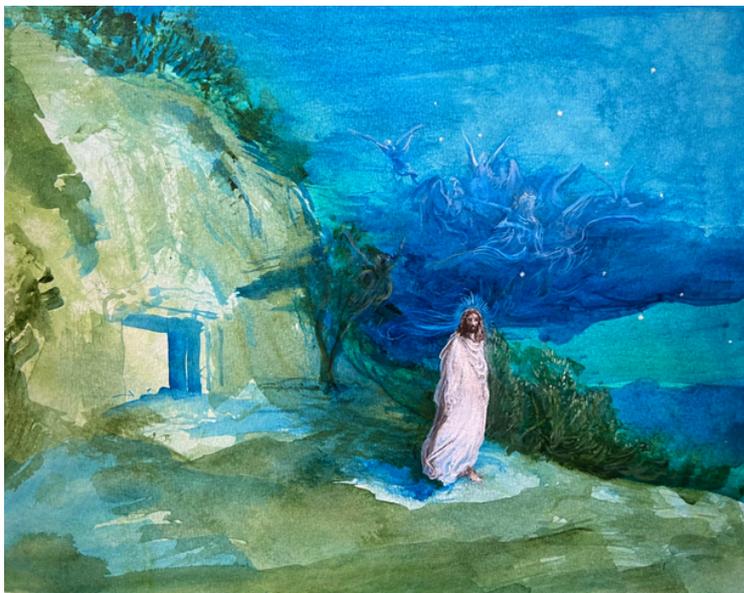
Visio Divina is a way to study and contemplate art and Scripture together. It is an ancient and unique practice that allows us to spend time focusing on God's word in an alternative way. This may be the first time you have used artwork as part of your reflections.

It is important that we approach this time with an open mind and heart to listen to what God wants to reveal to us. The link below offers a simple guide that may be helpful to use as you meditate on pieces of art during Holy Week: <https://visiodivinamlh.com/practice/>

The process of Visio Divina can be used on any piece of art, photograph or sculpture. Many wider resources have been created to guide you through the process. However, you may choose to find your own image and Scripture reading to reflect on.

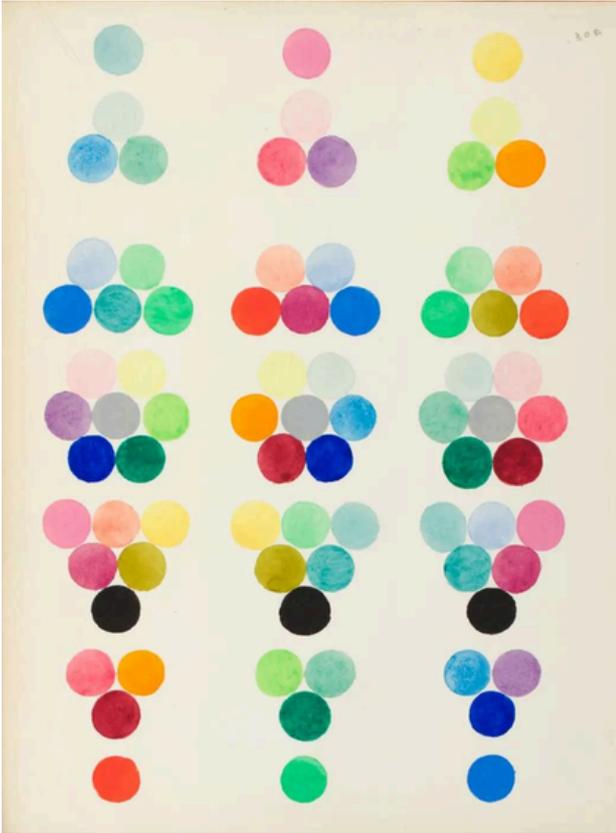
Here are some existing Visio Divina resources to support your Holy Week moments of meditation:

Christ Rising From the Tomb by Michelle L Hofer



visiodivinamlh.com/2023/04/09/easter-sunday/

A piece of art including the practice of Visio Divina and some thoughts from the author.



Coloured plate representing sections at right angles with the tertiary cross axes by William Benson.

christian.art/daily-gospel-reading/luke-24-35-48-2024/

An image linked to Luke 24:35-48 with context and the author's reflection on the painting. Use the 'guide to Visio Divina' above to do your own reflections.

The Easter Story, by the National Gallery

Selection of 12 images showing the events of the Easter story - you can choose to reflect on an image a day or find the image that stands out to you the most.

www.nationalgallery.org.uk/paintings/learn-about-art/the-easter-story

THE NATIONAL GALLERY | NG200

Christ prays before a group of cherubs who hold up the instruments of his torture and death.

His disciple Judas, who has betrayed him, leads a large band of soldiers down from Jerusalem to arrest him.

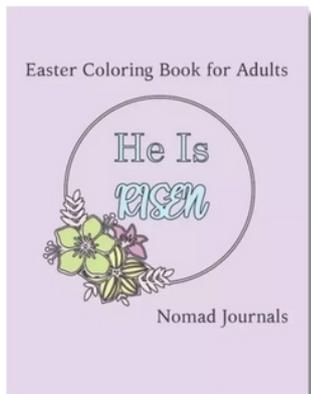
Meanwhile his other disciples sleep.

1/12

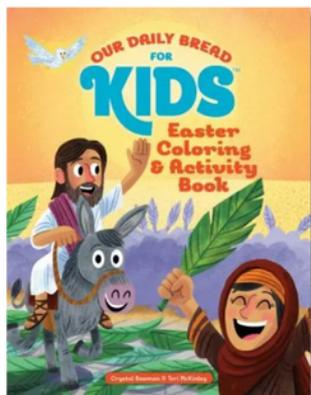
Save to this PC | e: Detail from Andrea Mantegna, 'The Agony in the Garden', about 1455-6

COLOURING BOOKS

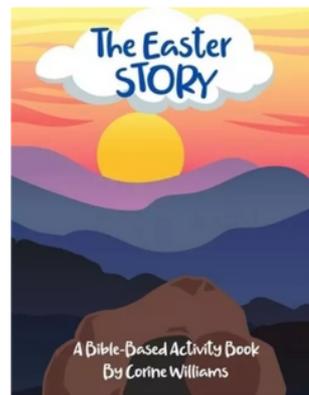
Click the images or links to go directly to the webpages to purchase these Easter colouring books, or search on eden.co.uk.



**He is Risen:
Easter Coloring Book
for Adults**
Available at
www.eden.co.uk



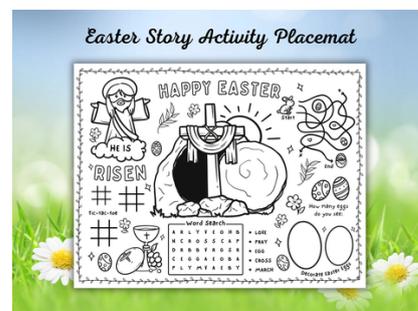
**Our Daily Bread for
Kids Easter Coloring
and Activity Book**
Available at
www.eden.co.uk



**The Easter Story:
A Bible-Based
Activity Book**
Available at
www.eden.co.uk

COLOURING SHEETS

Click the images to go directly to the Etsy stores to purchase these Easter colouring and activity pages.



VIDEOS



Easter Holy Week Events in Rock Art

www.youtube.com/watch?v=HCJ0tpQTZiU

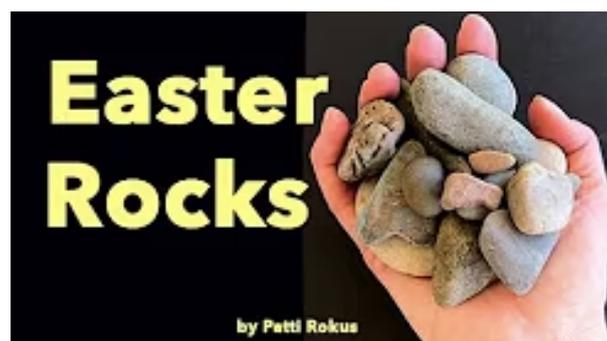
The video runs for 18 mins 10 secs - you may choose to watch the video throughout Holy Week or watch it during one moment of meditation. The video was created using rocks to tell the Easter story with Bible quotes throughout. Consider how seeing the story in this format may reveal something new to you this Easter.

Easter Week in Rocks Playlist

[www.youtube.com/playlist?](http://www.youtube.com/playlist?list=PLIYkZkY1KaVZTHFP2135R3LQGk9HnS_WG)

[list=PLIYkZkY1KaVZTHFP2135R3LQGk9HnS_WG](http://www.youtube.com/playlist?list=PLIYkZkY1KaVZTHFP2135R3LQGk9HnS_WG)

A YouTube playlist as been created using the Rock Art material with the story broken down into smaller videos if you'd rather watch throughout Holy Week.



Holy Week told through 100 paintings

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=qTsGZ56otW0)

[v=qTsGZ56otW0](https://www.youtube.com/watch?v=qTsGZ56otW0)

The story of Holy Week told through 100 paintings, ranging from Ancient Rome to Contemporary Art.

