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Reflecting on Images of Lent

What images come to mind when you think of Lent? A cross. Palms. A heart. The Last Supper. The Stations of the Cross. All of us have images in our heads based on our past experiences. These images have an impact on our attitudes and our behaviors. It is important to acknowledge and understand this.

Our world is filled with sounds and images and smells and textures. When our senses are inundated, we can lose our ability to focus. We may look at the overall image, but miss the details. Both are important. The use of imagery can prove a powerful meditative process to enhance both reflection and growth.

The use of images and visual art serves as a source of renewal. It is a skill to be learned and practiced. The first step is awareness of the process, beginning with external images. As you become more skilled, you can begin to move through the internal images as well.

What do you recall from the picture on the cover of this book. Don't peek. Be honest.

*Now look at the picture again. Spend some time with it.
What do you see? Where do your eye and your heart go?
To the boulders? The mountain? The cross? The green?
Do you see the foreground or go immediately to the distance?*

*What are the images that come to mind as you answer these questions?
What are the crosses in your life right now?
Are they mountains to be climbed? Boulders to be broken down or removed altogether?*

*As you reflect, consider also the newness that can emerge as this journey unfolds.
God is constantly reaching out with opportunities for renewal.
What steps will you take to begin the process?*

Plan to revisit this page as you move through the rest of the book and choose which ritual(s) you wish to use this Lent.