

SOLEMNITY OF ST JOHN THE BAPTIST



Invitation to pray with the image

Take a few moments to open your heart and mind to God and become conscious of your breathing.

When you are ready, slowly look and notice the image.

Let feelings and thoughts come to you as you take in the various elements of the image.

Take time to become aware of what you find yourself drawn to?

Notice what feelings are being evoked in you?

When you are ready, return to the image with an open heart and mind.



Allow new thoughts, meanings, and feelings to arise.

Reflect more fully on these meanings and feelings as they come to you and ponder them prayerfully.

What might the image be revealing to you as you attend to it in the quietness of your heart?

What desires and longings from your life experience are evoked in your prayer?

Take the time to respond to God in gratitude, supplication, wonder, lament, praise.....

Jot down insights you want to remember, wisdom you hope to embody, feelings or thoughts you wish to express.

God of hospitality and mission, we call upon John the Baptist, to give us courage to witness to the Word of God in what we say and do. May we be hope-givers in our world.

Amen.

(Taken from a prayer for St John the Baptist – rsj website)