

7 SIGNS

JESUS REVEALED IN
THE BOOK OF JOHN

Visual Reflections are based on the practice of Visio Divina, which means “sacred seeing”. We recommend reading the ‘About Visual Reflections’ document before leading your first reflection.

Before you begin:

- Display the image so that it can be easily seen by all participants. You could print an A4 page version for each person and/or display the image on a PPT slide.
- Ensure the space you are in is quiet and comfortable.
- Provide sticky notes, paper and pens for anyone who would like them.
- Spend some time praying for the participants.
- Consider using a quiet timer so you are not tempted to rush.

Jesus heals the royal official's son



<https://www.pexels.com/photo/man-in-white-long-sleeve-shirt-carrying-a-baby-in-stripe-shirt-6624366/>



You have probably experienced a time when words and music helped to draw you into the presence of God. In the same way, the Holy Spirit invites us into the presence of our Creator through the things that we see.

Today, we are going to quietly reflect on an image and invite the Holy Spirit to help us think about the nature of Jesus.

I will guide us through the reflection. There is no expectation or pressure for anyone to read anything or say anything out loud.

We will spend approximately [x] minutes on the reflection today.

After each prompt, there will be silent spaces where you can respond however you like.

As we go through the reflection, you might like to make notes or draw images on the paper provided.

Give a copy of the image to all group members or display it on the screen.

Part One: Be still

- *Take a moment to quiet your mind. Notice what is happening in your thoughts and in your body and allow yourself to be still. (20 seconds)*
- *Invite the Holy Spirit to speak to you through the reflection we are about to do. (20 seconds)*

You might like to pray, "Holy Spirit, thank you that you are here with me. As I take time to quiet my thoughts, please speak to me and draw me into your presence. Amen."

Part Two: Be curious

- *Look at the image of the father holding up his baby with joy. (30 seconds)*
- *What part of the picture are your eyes most drawn to? (30 seconds)*
- *What do you think the photographer saw in this image? (30 seconds)*

Part Three: Be open

- *Make space for the image to reach your soul and draw you into God's presence. (20 seconds)*
- *How do you feel as you look at this photo? (20 seconds)*
- *Which character in this photo do you most relate to? (20 seconds)*

- Is there a particular Scripture verse or phrase that comes to mind? (30 seconds)
- Read John 4:50-51 (NIV)

⁵⁰ “Go,” Jesus replied, “your son will live.” The man took Jesus at his word and departed. ⁵¹ While he was still on the way, his servants met him with the news that his boy was living.

Do you see any connections between this Scripture and the image?

Part Four: Be moved

- Talk to God about what you have discovered. (60 seconds)
- How does this image relate to your relationship with God? (30 seconds)
- Is there something you feel prompted to do after reflecting on this photo? (30 seconds)
- Offer your prayers to God now in a final time of silence. (40 seconds)

Response

Invite everyone to respond in one or all of these ways:

- Hand everyone a card and a pen.
 - *On the card provided, write a word or phrase that summarises your reflection and keep it as a reminder.*
- *If you feel comfortable, share briefly with someone sitting near to you about your reflections.*

If possible, participants can take a photo as a reminder.