



Spiritual Exercise: “Eye Listen”

Sunday, January 10: Draw and Listen

- Draw an eye in the middle of your paper using the tutorial video. See this eye as the eye of Jesus looking back at you. Stare into Jesus’ eye and listen to what Jesus is saying to you. Write down what Jesus says to you on your paper. Remember, this is a private piece of art. It’s between you and Jesus.

Monday, January 11: How Does This Affect My Monday?

- Spend one minute (or more) looking into Jesus’ eye and listening. Is there more that Jesus is saying to you? Write it down.
- Reflect on what Jesus has said to you. Why do you need this message today? Write these reflections on your paper (not on the edges of your paper. We are saving those for later).

Tuesday, January 12: Your History

- Spend one minute (or more) looking into Jesus’ eye and listening. Reflect on what Jesus said to you. What life experiences have taken you the farthest away from this message from Jesus?
- Create a frame around the edges of your paper by writing or drawing about those experiences that have taken you the farthest from Jesus.

Wednesday, January 13: Scripture Reflection

- Spend one minute (or more) looking into Jesus’ eye and listening. Read Genesis 16. Hagar is the first person to have the privilege of naming God in the Bible. She says, “You are the God who sees me.”
- What is it that you’ve been afraid for God to see about you? What is it about your life that you have felt like God did not see? Use these reflections to build on the frame surrounding the outside of your picture. How is Jesus’ message reassuring to you?

Thursday, January 14: Every Moment

- Spend one minute (or more) looking into Jesus’ eye and listening.
- Think about how you spend your time every day. Use the blank spaces on your paper to list those moments. What if Jesus’ message touched every moment of your day? Reflect on how that would impact you?

Friday, January 15: Connect and See Others

- Spend one minute (or more) looking into Jesus’ eye and listening with this question in mind, “Who is Jesus telling me needs to know that they are seen today?” Put yourself into their shoes, see through their eyes. Pray for them.
- Make some kind of contact with them today. Call, write a letter, send a message. Ask questions, listen. Communicate in some way, “I see you.”

Saturday, January 16: Hope

- Spend one minute (or more) looking into Jesus’ eye and listening.
- What hope is this message from Jesus giving you? What new possibilities does this message create? What does this message release you from? Use the space that is left to write and reflect on this.

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.” -Jesus (Matt 6:22)

