

## Reflection Guide: “Come to Me” — Matthew 11:28–30

This guide can help you engage with a few reflection practices called *Lectio Divina* and *Visio Divina*. These practices invite us to slow down, listen, and allow the Holy Spirit to speak through Scripture and art — not for analysis, but to encounter and discern the voice of the Holy Spirit.

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matt. 11:28–30*

### An Invitation from Jesus

Jesus’ invitation is not simply to stop working, it is an invitation to come closer. To bring our weariness, striving, and hidden heaviness into His presence. This moment is not about achieving but receiving. As you enter this time, allow both the Scripture and the image before you to become places where the Spirit can speak, reveal, and renew.

### Practicing *Lectio Divina* (Sacred Reading)

Take your time moving slowly through the passage.

1. **Read** - Read the words aloud a few times. Notice what word, phrase, or idea draws your attention.
2. **Reflect** - Sit quietly with that word or phrase. Ask what it stirs within you: comfort, longing, conviction, peace?
3. **Respond** - Speak with God from your heart. What do you want to say to Him considering what you’ve heard?
4. **Rest** - Simply be still. Let His presence be near in silence and peace.

### Practicing *Visio Divina* (Sacred Seeing)

1. **Gaze** gently at the image(s) you chose. Do not analyze it, simply reflect quietly. Notice what first draws your eyes.
1. **Observe** what emotions or memories arise.
2. **Listen** for the whisper of the Spirit through what you see.
3. **Make** note of how the Holy Spirit speaks, allow it to lead you in prayer and gratitude.

### Reflective Questions

As you linger with the Scripture or image, hold these questions before God:

- Listen again for what the Spirit may be whispering.
- What word, phrase, or image stayed with me?
- Where did I sense peace—or resistance?
- How might God be inviting me to respond?

Consider journaling what you notice, sense, or feel prompted to pray. When ready, close your time with prayer or silence.