

WHAT CAN I EXPECT IN GROUP SPIRITUAL DIRECTION THROUGH ART?

Each session begins with prayer and silence, followed by Scripture and contemplative reflection. Participants then respond using simple materials such as watercolor, colored pencils, collage, clay, or ink. No artistic ability is required. The creative process becomes a form of prayer, allowing the heart to speak when words are not enough.

There is no expectation of producing a finished work of art. Instead, we practice holy attention. Colors, symbols, empty spaces, and even hesitations may become invitations to deeper awareness of where God is present, where healing is needed, and where grace is unfolding.

After the creative time, participants are invited to share in a confidential and prayerful community. Artwork is never critiqued or interpreted. Through gentle, open-ended questions, the group practices holy listening, trusting that the Holy Spirit is the true Director of each person's journey.



In person sessions are held in the
Art Studio at Painted Grace.

To inquire about upcoming groups
meetings contact:

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GROUP SPIRITUAL DIRECTION THROUGH ART



*Where creativity, contemplation,
and community meet.*





GROUP SPIRITUAL DIRECTION THROUGH ART

INTRODUCTORY SESSIONS:
\$105.00

IN PERSON: Three weekly sessions: 2 hours per week with materials and resources provided. These sessions are for us to learn how to listen to our inner teacher and one another.

MONTHLY GROUP SPIRITUAL DIRECTION
\$210.00

IN PERSON: Six monthly sessions: 2.5 hours per month with materials and resources provided. Participants must complete introductory class first or have prior group spiritual direction experience.

ONLINE GROUP SPIRITUAL DIRECTION

Both Introductory and Regular sessions are offered online with a slightly different format. Participants will practice "Visio-Divina" with a provided prompt.

Introductory Sessions:
\$75.00 / 1.5 hours

Regularly Monthly Sessions:
\$180.00 / 2hours

LISTENING FOR GOD THROUGH BEAUTY, SILENCE, AND CREATIVITY

In a world filled with noise, hurry, and constant demands, Group Spiritual Direction Through Art offers an invitation to return to the quiet center where God patiently waits. This sacred gathering weaves together prayer, silence, creative expression, and spiritual conversation as pathways for listening to the Holy Spirit.

Rooted in the Christian contemplative tradition, this practice trusts that God often speaks in silence. The Desert Mothers and Fathers sought the wilderness to cultivate attentive hearts. Thomas Merton wrote that art helps us find ourselves and lose ourselves in God, and Henri Nouwen believed sacred images can draw us into prayer. In this spirit, art becomes less about making something beautiful and more about making ourselves available to God's transforming presence.

Like an icon that opens a window into the Divine, contemplative art helps us recognize beauty as a sacrament of God's presence. Together we cultivate a rhythm of seeing, listening, creating, and discerning.

Come as you are. Bring only an open heart. The Spirit is already at work, inviting you into a deeper way of seeing, praying, and living.



Icon of the
Angel of Blessed Silence