

# Faces of Faith: Deborah

## "In Tune"



Acrylic & Ink on Canvas  
by Lauren Wright Pittman

# Reflection Activities

## Visio Divina

Take a few moments to gaze upon the artwork. Sit still in quiet meditation as you observe the visual qualities of what you see: color, line, texture, movement, shape, form. Now take a deeper look. What parts of the image are your eyes most drawn to? What parts of the image did you overlook? Now engage your imagination. What story do you give to the figure?

## Reflection Questions

- Re-read Judges 4, what parts of this story surprises you? Makes you uncomfortable? Why?
- Deborah's leadership was about amplifying and accompanying others:
  - Whose potential can you celebrate?
  - Whose voice or story can you amplify?
  - Who might you need to sit with or go with?
  - Who can you accompany on the way?

## Writing Prompt

Take a few minutes to sit in quiet meditation. Sit comfortably, close your eyes, clear your head, and focus on taking long, steady breaths. After a few minutes of silence, open your eyes and free-write anything that comes to mind. How might God be speaking to you in this moment? How might you trust that voice?

