

Faces of Faith: Shiphrah and Puah

"They Said No"



Acrylic on Canvas
by Lisle Gwynn Garrity

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. What parts of the image are your eyes most drawn to? What parts of the image did you overlook? If you were to place yourself in this scene, where would you be and how would you interact with what surrounds you?

Reflection Questions

- Re-read Exodus 1:8-22 and imagine this story from the perspectives of Shiphrah and Puah. What did they have to give up by disobeying Pharaoh? What did they gain?
- Shiphrah and Puah said no in order to say yes. To what did they say no? To what did they say yes? To what might you need to say no in order to say yes to God and God's vision for the world?

Writing Prompt

The midwives are two of five women whose actions ultimately keep Moses alive, which leads to the liberation of the Israelites. The role of the midwife is to empower, facilitate, and support birth. Reflect on a way you might act as a midwife in your own life, by supporting the well-being of another or enabling the birth of something new.