

My Very Heart | Sarah Are



Reflection Activities

Visio Divina

Color in the imagery on the page, reflecting on the words, "I am sending him, who is my very heart, back to you" (Philemon 1:12).

Reflection Questions

- Read through Philemon, noting each time Paul expresses an ethic of love above law. What does it look like to live out an ethic of love above law in your own life?
- In the Roman Empire, to accept a runaway or delinquent slave back home without punishment was nothing short of absurd. To accept Onesimus back as "beloved brother" would have provoked a significant amount of social sacrifice and shame. What does Paul risk by sending this request?
- Imagine Paul's letter is addressed to the modern day church. Who are the Onesimus's in our midst? Who are the ones deemed "useless," or delinquent who need to be welcomed into the beloved community?

