

A pop up Lent Art exhibition space using Artwork (which can be purchased as A2 posters via Methodist Publishing) **from the Methodist Modern Art Collection and the Soul Food worship resources**

Weekly Programme & Visio Divina Reflection Prompts

For permanent display

Display Reflective Questions (these stay the same each week) printed on blank soul food posers

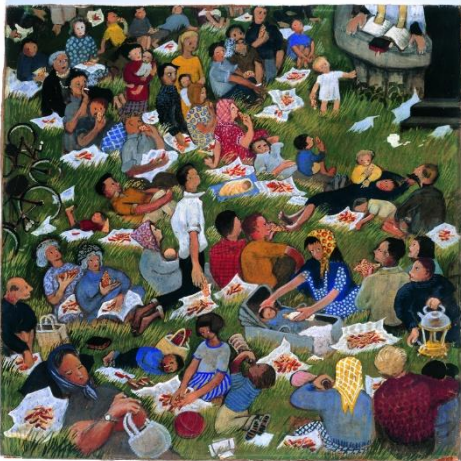
- What do you notice in the image?
- What surprises you?
- What challenges you?
- Does it feed your soul, or leave it asking for more?

And then ...

Week 1 Soul Food: All the Things that Nourish Us – The Five Thousand Eularia Clarke

Opening prayer: O Lord our God, on this Lenten journey, feed our souls this day

(Possible) Soul Searching questions



- How does this image capture the idea of abundance and trust?
- Where have you experienced Soul Food, physically, emotionally, or spiritually?
- How does the sharing food foster deeper connections with others?
- What actions can we take to help create spaces of nourishment and welcome?

The good news to get across: We all need nourishment beyond just food and drink — those things that sustain our hearts, minds, and spirits. Will you accept Lent's offer to explore deeper sources of nourishment and reflect on what truly feeds you?

Closing Blessing: May God feed our souls today

Creative Corner (response) *Invite people to write/draw all the things that bring them nourishment, food friends, shelter, entertainment etc on a brown paper bag / or they could take tokens from named baskets and put them alongside their soul's shopping list*

Week 2 Soul Shelter: Nourished by a safe home (for everyone).– Epiphany Albert Herbert

Opening prayer: O Lord our God, on this Lenten journey, shelter us in the struggling world's uncertainties

(Possible) Soul Searching questions



- How does this image capture the idea of safety, or belonging?
- Where have you experienced Soul Shelter, physically, emotionally, or spiritually?
- How do we create spaces of security and refuge?
- What does it mean to create a soul-sheltering community?

The good news to get across: God desires a safe home for everyone, and we are called to advocate for justice and peace. What actions and commitments can you make to help create safe, welcoming spaces for all?

Closing Blessing: May God shelter our souls today.

Creative Corner (response) Invite people to create paper shelters (tent etc) and write the name of the place or person that needs God's sheltering presence.

Week 3 Soul Rest: Nourished by Patience and Slowness – Walking on Water Maggi Hambling

Opening prayer: O Lord our God, on this Lenten journey, let us rest in the knowledge of your peace and your calm.

(Possible) Soul Searching questions



- How does this image capture the idea of spiritual renewal?
- Where have you experienced Soul Rest, physically, emotionally, or spiritually?
- How do you find balance between action and stillness in your life?
- What helps you reconnect with your soul's deep needs?

The good news to get across: Rest and reflection are not just about productivity—they hold intrinsic value. Can you commit to taking time to pause and be still each day this week to reconnect with yourself and God?

Closing Blessing: May God provide rest for our souls today.

Creative Corner (response) *Invite people to take a few minutes to be silent, perhaps offer a breath prayer or finger labyrinth to follow.*

Week 4 Soul Repair: Nourished by Unconditional Love and Forgiveness – Pink Crucifixion Craigie Aitchison

Opening prayer: O Lord our God, on this Lenten journey, repair our broken fragile bits

(Possible) Soul Searching questions



- How does this image capture the idea of grief and healing?
- Where have you experienced Soul Repair, physically, emotionally, or spiritually?
- How have you found connections through struggle or sacrifice?
- What is God inviting you to do as an act of reconciliation and restoration?

The good news to get across: Despite all the ways we may try to distance ourselves from God, God continually seeks us out. What insights have resonated deeply within you today?

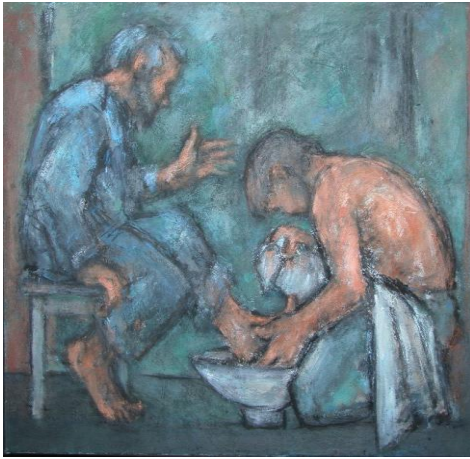
Closing Blessing: May God embrace our souls today.

Creative Corner (response) *Invite people to write a prayer on a (pink) bandage/plaster that names the local or global situations that require aid.*

Week 5 Soul Mates: Nourished by Companionship – The Washing of the Feet Ghislaine Howard

Opening prayer: O Lord our God, on this Lenten journey, let us be friends and let us be be-friended

(Possible) Soul Searching questions



- How does this image capture the idea of humility and service?
- Where have you experienced Soul Mates, physically, emotionally, or spiritually?
- How can we offer companionship to those who are hurting?
- What relationships have been sources of strength and faith for you?

The good news to get across: We all need companionship, and building true friendship requires a generous investment of our time and resources. Who is God prompting you to reach out to?

Closing Blessing: May God be a friend to our souls today.

Creative Corner (response) Invite people to create a friendship rosary with each knot representing the people and friendships that they are thankful for.

Palm Sunday Soul Songs – Christ's entry into Jerusalem Norman Adams

Opening prayer: O Lord our God, on this Lenten journey, let us sing and shout and proclaim your way.

(Possible) Soul Searching questions



- How does this image capture the idea of joy and proclamation?
- Where have you experienced Soul Songs, physically, emotionally, or spiritually?
- How do words of thanksgiving shape our spiritual lives?
- What are your personal songs of gratitude and

praise?

The good news to get across: Worship is not just for us—it is something that even creation itself longs to express. Where do you see or hear creation singing God's glory?

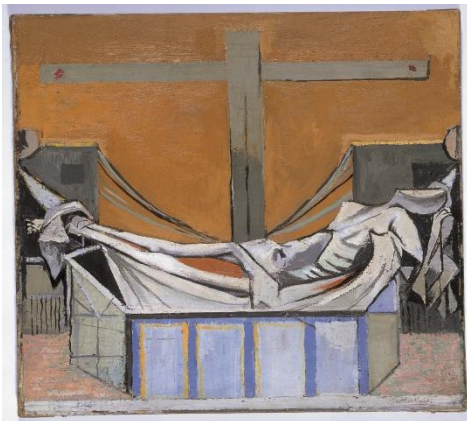
Closing Blessing: May God bring out songs of praise from our souls today.

Creative Corner (response) Invite people to write a word of thanks on sheet music (or create mini records?)

Good Friday Soul Support – The Deposition Graham Sutherland

Opening prayer: O Lord our God, on this Lenten journey, let us face our sorrow, feel our sorrow, and put our trust in you

(Possible) Soul Searching questions



- How does this image capture the idea of grief and endurance?
- Where have you experienced Soul Support, physically, emotionally, or spiritually?
- How can we be present for others in difficult times?
- What has shaped your understanding of faith and doubt?

The good news to get across: Even in the most challenging times, we can draw strength from those around us. We are never truly alone—God and our community walk with us.

Closing Blessing: May God support our souls through the hardest times today.

Creative Corner (response) *Small crosses or stones for people to hold whilst they reflect on grief, loss or pain and then place it at the foot of a larger cross.*

Easter Day Soul Stories – The Elements of the Holy Communion Jacques Iselin

Opening prayer: O Lord our God, our Easter stories begin, let us share and tell your living, loving stories.

(Possible) Soul Searching questions



- How does this image capture the idea of transformation?
- Where have you experienced Soul Stories, physically, emotionally, or spiritually?
- How can we celebrate and express joy in our life journey?
- What stories from your life feel important in shaping who you are today?

The good news to get across: Jesus is alive, and death has been defeated! With whom or where can you share this story of transformation and bring hope and joy to the world?

Closing Blessing: May the Living God so fill our souls with joy and hope that we cannot keep the good news to ourselves.

Creative Corner (response) Mini Eggs / chocolate pieces to "taste and see " that the Lord is good? Or create a Resurrection path using stones that have words of hope, joy love etc written on them.