

Postcard Prompts

Spiritual Direction

1. Ask Jesus to show you how he looks at you. Look through the cards, choose one that stands out. What do you see?
2. What card best represents where God is in relation to you?
3. What card best illustrates what it feels like to be you today?
4. What card captures what *living fully awake to your life and desires* looks like?
5. What card describes what you believe about God today?
6. Choose one or two cards that stand out to you. Describe what resonates.
7. Is there an invitation for you in one card? What is the invitation and how will you respond to it?
8. What card communicates an emotion you are feeling? What you would like Jesus to know about that feeling?
9. What card embodies what your relationship with desire feels like today?
10. For people going through transitions, such as recent graduates or retirees, ask what image depicts where they are or where they'd like to be going.

Conversation Prompts

1. What card best illustrates your childhood? Describe it.
2. What card depicts what hope feels like?
3. What card communicates how you like weekends to feel?
4. What card shows the feeling you have when you're with your closest friends?
5. What card captures what you want life to feel like this next year?
6. What cards capture what it feels like when you wake up in the morning?
7. Choose a card that describes a person in the room. Describe the good you see in him/her/them.
8. Choose a card blindly and consider the picture as an aspect of your life. What part of your life does it capture, and what potential for beauty does it hold?
9. Choose a card blindly and notice what memories come to mind, if any. Tell a story.
10. Choose a card blindly and ask yourself if there is anything in the card that reflects who you are. Ask the people in the room if there is anything they see of you in the image.

Team Prompts

1. Choose a card that captures what it feels like when you think about your current work projects.
2. Choose a card that describes the good your coworkers bring to the team.
3. Lay out all the cards and choose two that describe what you hope for this next year in your work.

4. Depending on the size of your team, break into pairs or groups of 3 or 4, having each pair or group choose a card that captures their desire for this team over the next year. Have each team share with the whole group.
5. Choose a card that describes the good you have experienced this past year.
6. Choose a card that describes something you are proud of in your work from the past year.
7. Sometimes in work, we end up in situations that are out of our control. Place the cards face down and choose a card blindly—what do you see? Do you notice the problems, potentials, or stories? Describe your card and what you see.
8. If you are a manager, have individuals choose a card that best describes their experience of work over the last year and share it with you during their review.

Dinner Party Prompts

Spread the cards out in the middle of the table. At some point during the meal, ask everyone to choose a picture that best depicts how they feel coming into the meal.

Other questions might be:

1. What picture best represents what you are feeling about the state of the world?
2. What picture best describes how you're feeling about work?
3. Is there a picture that best describes a desire that you have in your life?
4. Choose a picture for a friend at the table and share how it embodies strengths that you see in them.

For Thanksgiving dinner:

What picture best represents what you have been thankful for this year?

For New Year's dinner:

Select two cards that represent the past year and your hopes for the next.

In a related but different use of the cards, leave a transparent box of the cards in a guest room, Airbnb, or cabin, and invite your guests to take one with them.

Journaling Prompts

1. With the cards in a stack, flip through the cards until one catches your attention. Pay attention to what you feel as you look at it. What memories come to mind? Describe the picture and the memories and feelings attached to it.
2. As in *Visio Divina*, lay the cards out in front of you. Pray to see what God is inviting you into today. Look over the pictures. Is there one that stands out? Write about what invitation you felt as you asked Jesus and were drawn to a particular picture.
3. Read Psalm 23. With the pictures laid out in front of you, ask yourself where do you sense the Lord is with you? Who is He to you today? Find a picture that describes how you would answer those questions and journal about it.
4. Pull out one card. Describe everything you see and feel and remember as you look at the picture.
5. Pull out one card and describe everything you notice that directs you to or describes God. Write about it.

6. Choose a picture that describes how you are feeling or experiencing life. Describe it in your journal.
7. Close your eyes and with the cards in a stack choose one. Put the other cards away. Ask Jesus to remind you of one of His promises. Open your eyes and look at the picture. Is there a promise that comes to mind? Write about it.
8. Choose a picture as a prayer. What need, thanksgiving, praise or confession comes to mind as you look at your picture? Write out the prayer.
9. Simply keep the stack next to you as you read through Scripture. When something strikes you, or you get a question, pause and flip through the pictures to see if there is an image that describes what you felt experienced or questioned as you read.

Small Group Prompts

Place the cards in the middle of the group and spread them out so that people can see at least a part of each of the pictures. Use the pictures to stimulate dialogue and connectedness. Invite participants to choose a picture based on one of the following directives and have each person describe their picture and how it answers the prompt.

1. What best describes what you think about God?
2. What best describes how you relate to God?
3. Who is God to you?
4. How did you feel coming into the group today?
5. How have you experienced one of the following (choose one)--beauty, good, truth, hope, belonging, wonder, grace, blessing, connection, courage, kindness, etc.-- in your life in the past year?
6. How you are feeling concerning your relationships with others?
7. How you are experiencing your connection with God?
8. What image best represents the passage we just read together?
9. What do you need from Jesus today?
10. What is a hope you have for your life this year?
11. In groups that meet over 6-8 weeks, select a card in the first week that shows where they are. At the end of the 6-8 weeks, ask them to select a card and share if they're in a different place.
12. Choose a card for the person next to you that shows their strengths.
13. Place individual cards on chairs, turned upside down. Participants pick up the cards blind and answer any of the above questions.