

Praying With Your Camera – Photo Challenge

The following photo challenges will help you connect to the heart of God through photography. You can do these challenges on your own or in a group, daily or weekly. Read the Bible verse for inspiration and then prayerfully compose a photo that speaks to the photo challenge. Then take time to meditate on both the Bible verse and your photo using the reflection question(s). What does the Holy Spirit want to reveal to you through His word and your photography?

If you are using this as an online group study, we encourage the leader to post the social post to a pre-determined online platform and use the provided text as the post's description. You may want to create a Facebook group or other social space dedicated to this photo challenge as a safe place for participants to post their photographs. Allow a space, either through a messaging platform, through video conference, or by gathering in person, to discuss your photographs and discussion questions, similar to a conventional Bible study.

Additional resources on Praying With Your Camera can be found at www.salvationist.ca/women-s-ministries/toolkit/praying-with-your-camera

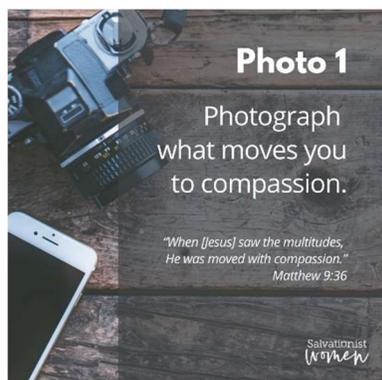


Photo 1

Matthew 9:36 – “When [Jesus] saw the multitudes, He was moved with compassion.”

Photograph what moves you to compassion.

Pray about what your response should be. How can you be a worker in the Lord's fields?

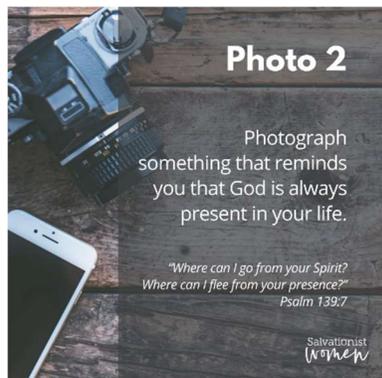


Photo 2

Psalm 139:7-10 – “Where can I go from your Spirit?

Where can I flee from your presence?

If I go up to the heavens, you are there;

if I make my bed in the depths, you are there.

If I rise on the wings of the dawn,

if I settle on the far side of the sea,

even there your hand will guide me,

your right hand will hold me fast.”

Photograph something that reminds you that God is always present in your life.

When do you sense God's present the most? What encouragement do you gain through your awareness of God's presence?



Photo 3

1 John 1:9 – “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Photograph something cleansed or clean.

Reflect on what it means to be cleansed from all our failings.



Photo 4

Proverbs 3:5-6 – “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.”

Photograph something you sometimes put your trust in instead of God.

What difference would it make if you always trusted in the Lord?



Photo 5

Ephesians 5:15 – “Make the most of every opportunity”

Photograph how you will choose to use your time today/this week.

How can you be intentional about making the most of the time you have? See your time as a gift from God, giving thanks for it.



Photo 6

1 John 4:16 – “There is no fear in love, but perfect love drives out fear.”

Photograph something you are afraid of.

Pray that your awareness of God’s perfect love for you would help you to overcome that fear.



Photo 7

Mark 1:35 – “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

Photograph the place where you feel closest to God.

What is it about this place that makes you aware of God’s presence?
How can you be intentional about meeting with God there more often?

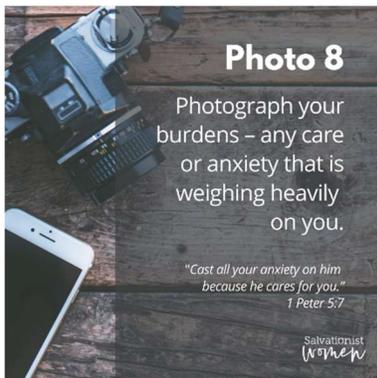


Photo 8

Psalms 55:22 – “Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.”

1 Peter 5:7 – “Cast all your anxiety on him because he cares for you.”

Photograph your burdens – any care or anxiety that is weighing heavily on you.

What do you need to let go of so you can experience rest for your soul? Visualize casting these on the Lord, the one who cares and sustains you.



Photo 9

Ephesians 2:10 – “For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”

Photograph one of your masterpieces – something you created that you are proud of.

We are created in God’s image, made to be like him. Thus, we too can be creators. What have you created that you are most proud of? How can God use your gift of creativity to build his Kingdom?



Photo 10

Proverbs 16:9 – “We can make our plans, but the Lord determines our steps.”

Photograph something that represents where you feel God is leading you.

Step out in faith and with purpose, knowing that God goes with you.