Epiphany Reflection Six

The previous reflections have been offered to help you grow in your awareness of God. This reflection will focus on noticing God’s activity in the world through film. In his book, *Catching Light: Looking for God in the Movies*, Roy M. Anker writes, “From its very beginnings, not much more that a hundred years ago, one of cinema’s great appeals has been its regular, and often compelling, attempt to throw some light on those ‘big questions’ about the way the world is. . . . despite its reputation as a mindless, soul-less diversion, even cinema regularly wrestles with the central deep mysteries about origins, meaning, purpose, intimacy, destiny, morality, and the possibility of God – those domains of human inquiry to which philosophy, theology, and the arts have traditionally devoted themselves.”¹

The reflection below offers a way to practice looking for God by watching a movie and then reflecting on some questions. Before starting, you will need to determine which movie will be your focal point. You can use your favorite film or if you need ideas, the website, *Spirituality & Practice: Resources for Spiritual Journeys*, has a section dedicated to spirituality and film. The website’s authors, Fredric and Mary Ann Brussat, have compiled a list of movies with a spiritual theme dating back to 1997. The list can be found here.

http://www.spiritualityandpractice.com/films/

It may be helpful to have a journal or paper handy to jot down notes as you watch the movie. This reflection can be done alone, but inviting others to join you may prove to be an enriching experience for all.

**Epiphany Practice 6**

*Opening Reflection*

Offer a prayer which brings you to the awareness of the presence of God. Offer your intentions for this time of prayer. To help you prepare, a brief offering is included below.

**Keep Your Eyes on What Comes from God**

“. . .one does not always have to wait for something out of the ordinary. The all-important thing is to keep your eyes on what comes from God and to make way for it to come into being here on the earth. If you always try to be heavenly and spiritually minded, you won’t understand the everyday work God has for you to do. But if you embrace what is to come from God, if you live for Christ’s coming in practical life, you will learn that divine things can be experienced here and now, things quite different from what our human brains can ever imagine.”²

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¹ Anker, Roy M., *Catching the Light: Looking for God in the Movies*

² Anker, Roy M., *Catching the Light: Looking for God in the Movies*
Sit in silence for a time, letting the above passage settle. When you are ready, watch the movie.

Once the movie has finished, take some time to notice your reaction. What feelings are you left with?

What religious issues does the movie touch on – God, Jesus, human nature, sin, redemption, the Bible, the Church, faith, doubt, prayer, sacraments, love, hope, forgiveness, heaven, hell?

Choose one issue and examine how the movie’s portrayal of this issue strikes you. Are you in agreement with the portrayal? Why or why not? Did the movie change your understanding?

What are you left wondering about?

What one awareness stands out for you as you listened and watched the movie?

Is there something which you would like to bring to prayer? Do so.

When you are ready, move into a time of letting go of your thoughts and emptying your mind.

Spend some time in silence, simply sitting in the presence of God.

Offer a closing prayer including any thanksgiving or intercessions you may have.

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