



40 DAYS OF  
SEEING YOURSELF  
*in Scripture*



A VISUAL PILGRIMAGE THROUGH THE GOSPEL OF JOHN

ILLUSTRATIONS BY  
STEPHEN CROTTS FROM LOVED TO LIFE



# 40 DAYS OF SEEING YOURSELF *in Scripture*

## A VISUAL PILGRIMAGE THROUGH THE GOSPEL OF JOHN

*This practice is an invitation* to not merely read the story but to enter it—to walk alongside Jesus, to hear His voice, and to see His story unfold in a way that opens your heart to the truth that He has fully entered into your story. It's a way of letting His Word take root, not just in your mind, but in the rich soil of your spirit, as you engage with Him with all your senses—seeing, imagining, listening, and feeling His presence.

**Begin each day with open hands and a quiet heart, asking the Holy Spirit to meet you here. Whisper your need for Him to open your eyes, to soften your heart, to make this experience holy. Let this time become a still, sacred space where His story shapes yours.**

### HOW TO TAKE THIS VISUAL PILGRIMAGE



#### *Focus on the Image*

- As I still my heart: If I could ask God for one grace in these minutes, what would it be?
- Sitting with this scene, where do my eyes go first—and what might that say about my longing or my fear or my loves? As I gaze on this scene, what kind of love is my attention hungry for right now—comforting love, truthful love, patient love, boundary love, courageous love... or?
- What do I feel in my body here (peace, resistance, shame, relief, belovedness, or...)?
- If I'm doing something in the scene, what is it—am I near love, watching love, hiding from love, or trying to earn love? Why?
- Where is Jesus in this image—or, if he isn't depicted, where might Christ be "present" in what I'm seeing (the wounded, the gentle, the light, the table, the margins)?
- What is Jesus' posture toward me in this scene (blessing, invitation, listening, asking, grieving, steadying, or...)? Is Jesus loving me by...comforting, naming, forgiving, correcting, steadying me, or...?
- How is Jesus looking at me? If I believed I am truly loved in this exact state, this exact scene—what would change in me?
- What single word or phrase rises in me as I sit with this image? What is Jesus saying—and how is he loving me as he speaks?
- What would it look like for this image to "change the scene" of my life in the next 24 hours?
- What is Jesus tenderly inviting me into, as the next "smallest possible" practice of love I can actually do in the next 24 hours? What would it cost me (ego, comfort, control, time, or...)? What would it heal in me (fear, hardness, self-hatred, resentment, or...)?
- Where might Jesus be re-ordering my loves—what matters most, what matters less?



## HOW TO TAKE THIS VISUAL PILGRIMAGE (CONT.)



### *Reflect and Journal*

- Take a few quiet minutes to journal —not to “capture everything,” but to notice how Love Himself met you and how Jesus, Love Himself, wants to move through you today.
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### *Close in Prayer*

“Jesus, let the Love I’ve seen & experienced in You ....  
become the love I practice. Let the love I’ve received,  
become the love I become.”

## Day One

READ: JOHN 1:1-5, 14



"Adoration of the Magi" by Giotto di Bondone | 1320

### ENTER THE SCENE & CONSIDER JOURNALING



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## Day Two

READ: JOHN 1:29-31



"St. John the Baptist Bearing Witness" Annibale Carracci (1600) of Italy



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## Day Three

READ: JOHN 1:35-38



*"The Calling of Saints Peter and Andrew" Michelangelo Merisi da Caravaggio | 1571*



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## Day Four

READ: JOHN 1:35-39



"Saint John the Baptist" Tiziano Vecellio | 1563



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## Day Five

READ: JOHN 2:2-10



"Nozze di Cana (The Wedding at Cana)" Paolo Veronese

### ENTER THE SCENE & CONSIDER JOURNALING



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## Day Six

READ: JOHN 2:13-25



"Christ Driving the Money Changers from the Temple" El Greco | 1568



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## Day Seven

READ: JOHN 3:1-11



"Nicodemus Visiting Jesus" Henry Ossawa Tanner | 1899



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## Day Eight

READ: JOHN 4:7-26



"Christ and the Samaritan Woman" Annibale Carracci | 1593-1594



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## Day Nine

READ: JOHN 4:43-53



"Healing the royal official's son" Joseph-Marie Vien | 1752



### ENTER THE SCENE & CONSIDER JOURNALING

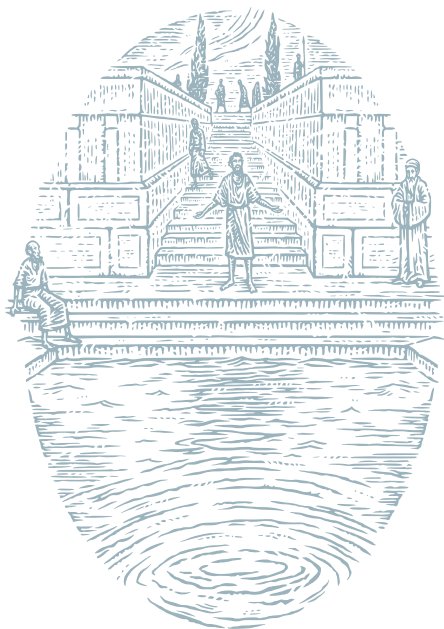
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## Day Ten

READ: JOHN 5:2-14



"Christ Healing the Paralytic at the Pool of Bethesda" Bartolomé Esteban Murillo | 1667-1670



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## Day Eleven

READ: JOHN 6:1-14



*"The Multiplication of Loaves and Fishes" Ambrosius the Elder Francken or Franck | 1544*

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## Day Twelve

READ: JOHN 6:16-21



"Christ Walking on Water" Julius Sergius von Klever | 1880



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## Day Thirteen

READ: JOHN 6:25-51



"Christ Speaking of the Bread of Life" | 16th Century



### ENTER THE SCENE & CONSIDER JOURNALING

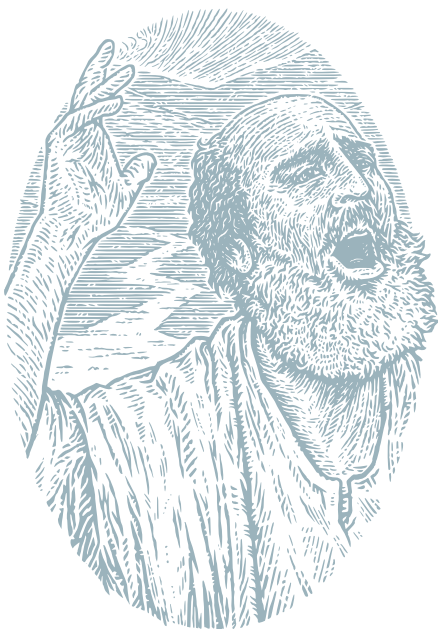
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## Day Fourteen

READ: JOHN 6:60-71



"Christ Taking Leave of the Apostles" Duccio di Buoninsegna | 14th Century



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## Day Fifteen

READ: JOHN 8:1-11



"Christ and Sinner" Henryk Siemiradzki | 1873



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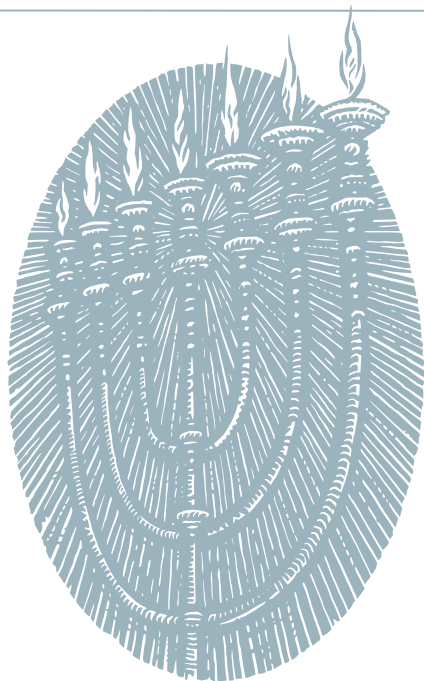
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## Day Sixteen

READ: JOHN 8:12-19



*"The Light of the World" William Holman Hunt | 1851-1854*



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## Day Seventeen

READ: JOHN 9:1-12



*"Healing of the Man Born Blind" El Greco | 1567*



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## Day Eighteen

READ: JOHN 10:1-18



“The Lost Sheep” Lilius Trotter | 1926

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## Day Nineteen

READ: JOHN 10:30-42



“The Pharisees Question Jesus” James Tissot | 1886-1894

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## Day Twenty

READ: JOHN 11:1-6, 17-44



*"The Resurrection of Lazarus" Henry Ossawa Tanner | 1897*

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## Day Twenty One

READ: JOHN 12:1-11



“Christ at Simon the Pharisee” Peter Paul Rubens | 1618-1620

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## Day Twenty Two

READ: JOHN 12:12-18



*“Entry of Christ into Jerusalem” Anthony van Dyck | 1617*



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## Day Twenty Three

READ: JOHN 12:20-30



*"Wheat Field with Cypresses" Vincent van Gogh | 1889*

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## Day Twenty Four

READ: JOHN 13:1-17



“Jesus Washing Peter’s Feet” Ford Madox Brown | 1852



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## Day Twenty Five

READ: JOHN 13:21-35



“Thirty pieces of silver” János Pentelei Molnár | 1909

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## Day Twenty Six

READ: JOHN 14:1-7



“The Way to Emmaus” Robert Zünd | 1877

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## Day Twenty Seven

READ: JOHN 14:15-27



“Baptism of Christ” Andrea del Verrocchio and Leonardo da Vinci | 1472–1475

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## Day Twenty Eight

READ: JOHN 15:1-5, 12-17



“Christ the Vine” Angelos Akotantos | 1425 - 1457



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## Day Twenty Nine

READ: JOHN 15:18-21, 26-27



“Descent of the Holy Spirit” Guido Reni | 1607



### ENTER THE SCENE & CONSIDER JOURNALING

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## Day Thirty

READ: JOHN 16:25-33



“Christ Pantocrator” of Saint Catherine’s Monastery | 6th century AD

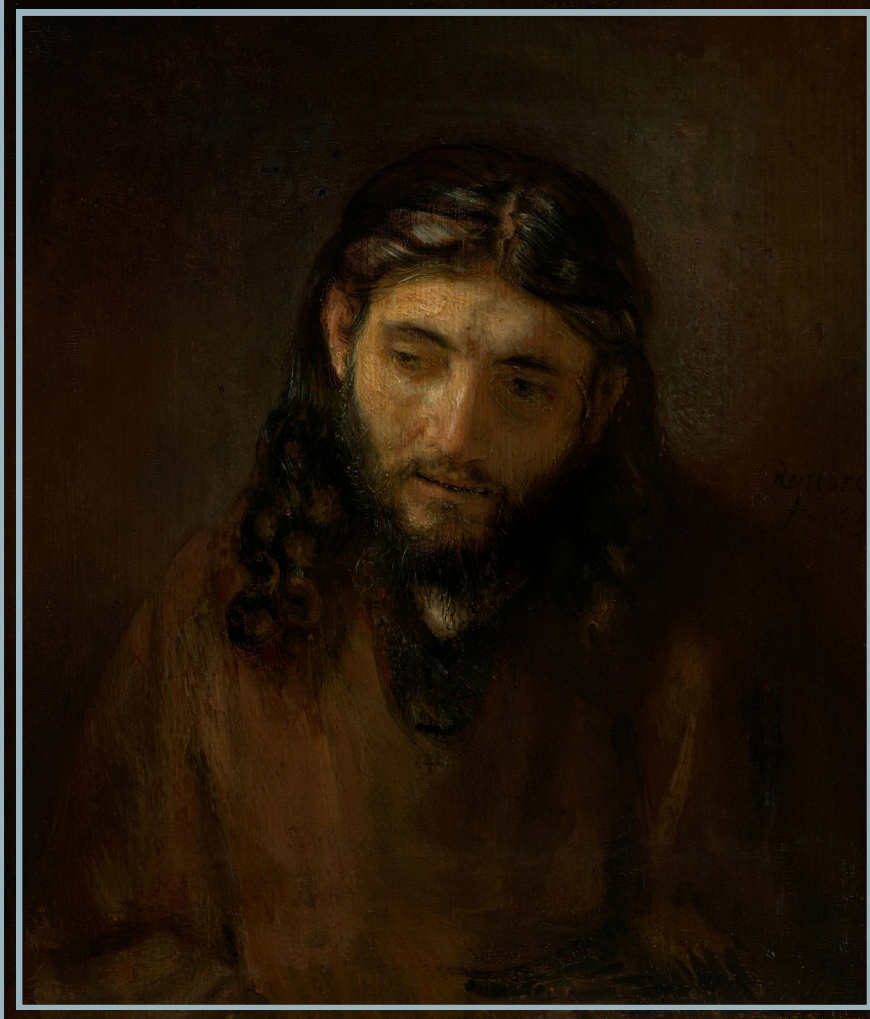


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## Day Thirty One

READ: JOHN 17:20-26



“Head of Christ” Rembrandt van Rijn | 1648-1656



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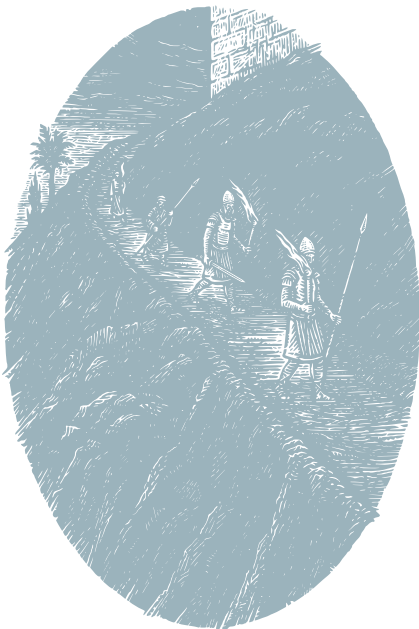
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## Day Thirty Two

READ: JOHN 18:1-11



“Arrest of Christ” Guercino (Giovanni Francesco Barbieri) | late 1620s

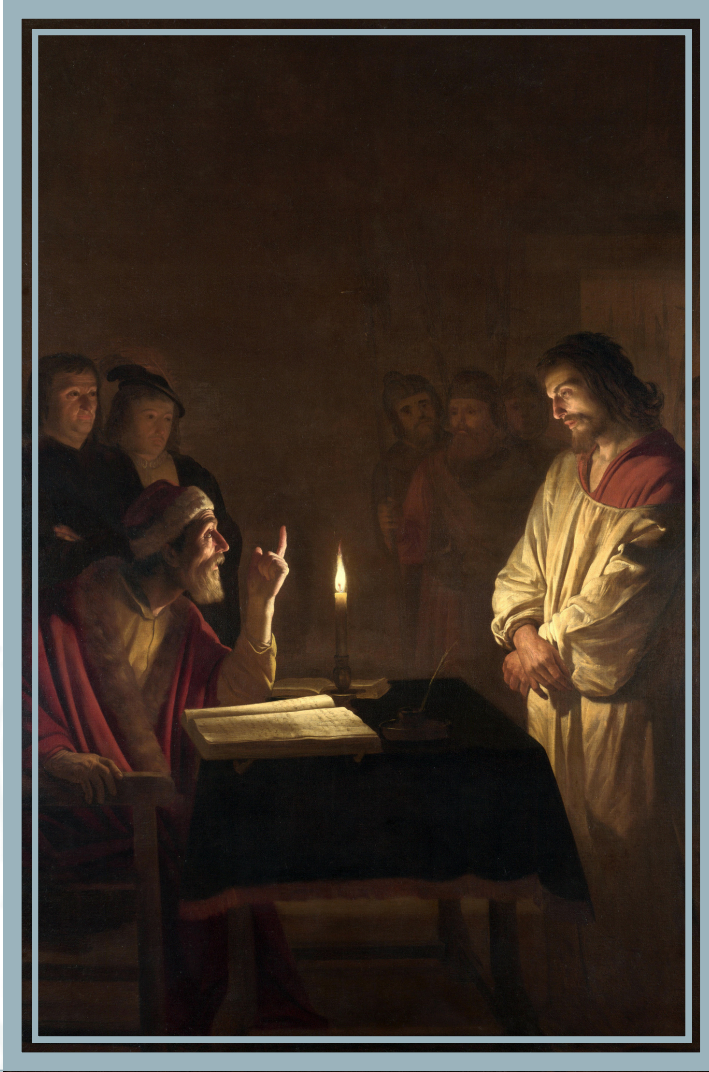


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## Day Thirty Three

READ: JOHN 18:12-24



*"Christ Before the High Priest" Gerard van Honthorst | 1617*



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## Day Thirty Four

READ: JOHN 18:17, 25-27



"The Denial of Saint Peter" Gerard Seghers | 1620–25



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## Day Thirty Five

READ: JOHN 18:29-40



“Ecce Homo (Behold the Man!)” Antonio Ciseri | 1880

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## Day Thirty Six

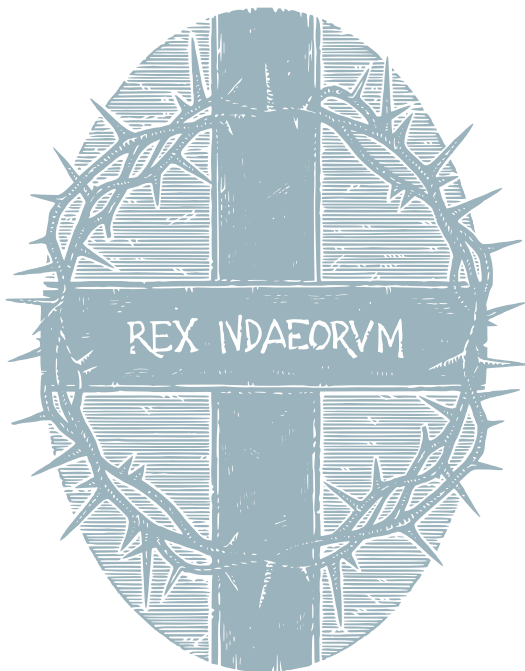
READ: JOHN 19:1-16



“The Crowning with Thorns” Michelangelo Merisi da Caravaggio | 1602

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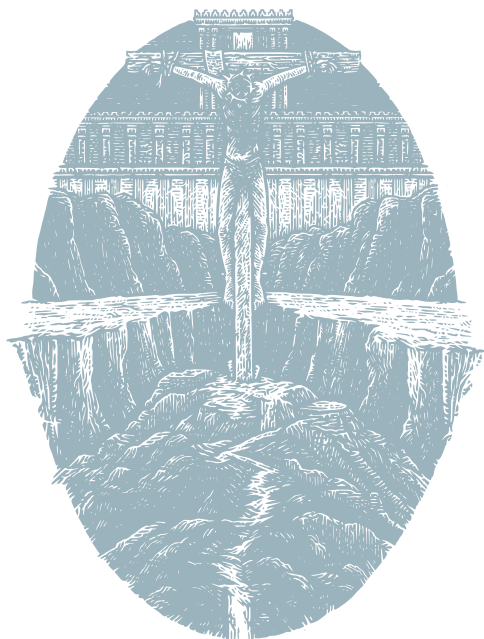
## Day Thirty Seven

READ: JOHN 19:16-27



“Christ Crucified” Diego Velázquez | 1632

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## Day Thirty Eight

READ: JOHN 19:28-37



“What Our Lord Saw from the Cross” James Tissot | 1890



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## Day Thirty Nine

READ: JOHN 19:38-42



“The Descent from the Cross” Rembrandt | 1650–1652

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## Day Forty

READ: JOHN 19:28-37



“Christ's Appearance to Mary Magdalene after the Resurrection” Alexander Andreyevich Ivanov | 1835



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