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The  
Grace of  
Beauty  
ITS MYSTERY, POWER,  
AND DELIGHT IN DAILY LIFE



## The Grace of Beauty: Its Mystery, Power, and Delight in Daily Life

by Melannie Svoboda, SND

### Week 2 -Chapters 4-8

**Check in Question:** Being in the here and now, Sr. Melannie quotes St. Ignatius of being aware of the why of the here and now. Why are you here?

### Opening Prayer

Let us call you Beauty, O Divine one. Let us be in awe of you.  
Let us take delight in you.  
Let us enjoy you,  
While growing in gratitude for who you are and for all you do.  
When we chance upon beauty in our ordinary days  
let us see it is one of your faces.  
Help us to cherish beauty in all its forms  
as we cherish the handwriting of a loved one.  
Whenever we encounter beauty,  
remind us that beauty is but a shadow of you,  
passing by us over us, beneath us threw us.  
Help us to see beauty as a door that opens to you,  
as a bridge we can crossover to be holy in your presence.  
May we see all the beauty that surrounds us  
as we dance your dance of wonder and delight.  
May we make time to notice and enjoy the beauty  
in our everyday life and in the process  
feel you breathing new life into us and into the whole world.  
Amen

*(adapted from page 23)*

### Reflection questions:

*The questions from Sr. Melannie are thoughtful and good. Here are some of hers, along with a few additional ones. Please pick one or two and share your thoughts aloud.*

### Chapter 4: Beauty's Relationship to God

1. To what extent is your relationship with God characterized by “awe, pleasure, joy, delight, and gratitude”?
2. Is there any other image of the relationship between beauty and God that you like? It can be one you have read or heard, or one you came up with yourself.

### **Chapter 5: The Holy Here and Now**

1. Do you tend to be a “speedaholic?” If so, how might you take pauses in your work to connect with the beauty and/or deeper meaning of what you are doing?
2. Have you ever experience the present moment as a sacrament, as holy? If so, how did it make you feel?

### **Chapter 6: Useless Beauty**

1. Can you give some examples of useful beauty?
2. Do your daily chores, habits, and practices reflect a utilitarian ethic toward creation or a more caring one? Or both?

### **Chapter 7: The Beauty and Power of Metaphor**

1. What metaphors for God do you find especially meaningful? Why?
2. What do you think or feel about metaphors of God as a woman in labor or as a nursing mother? Why

### **Chapter 8: Names of God**

1. What are some of your favorite names for God?
2. By what names does God call you?

### **Closing Prayer**

For who and what shall we pray...

*Everyday God* by Bernadette Farrell

Next time *The Grace of Beauty Chapters 9-13*

January 28-- Chapter 9-13

February 4-- Chapter 14-18

February 11-- Chapter 19-22