Art of Spirituality: Stories of Racism and Social Justice Amidst Chicago’s Public Art of Murals/Mosaics

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Use the three movements of this guide to select a mural, prayerfully focus your attention on its meaning to you, and journal about your experience.

Step 1: Select a mural from one of the links below:

- Chicago Sun Times /An interactive map of murals in Chicago.
- The Ultimate Chicago Mural Crawl
- 25 Must-See Murals that Prove Chicago’s Art Scene is Legendary
- 22 Chicago Murals to See Right Now
- Bronzeville Mural
- My Neighborhood Pilsen: Gallery of Pilsen Murals
- Murals at Ping Tom Memorial Park
- Humboldt Park Murals
Step 2: Use this Prayer Guide to help you focus your attention on the mural and its meaning to you. Available in audio here.

A Guided Visio Divina*

Look at the mural.
1. What do you see?

2. What do you believe is the focus of attention? What is it that makes this the focal point? Why do you think that it is the focus of your attention?

3. Now, pay attention to the rest of the mural. What is happening there? How do these things relate to the center of attention?

Look at yourself
4. Does the mural invite you as a participant or does it hold you back as an observer?

5. What emotions do you feel when you look at the mural?

6. What does it make you remember? Think of a place, a person, or an object or experience.

Look at God
7. What passage in the Bible comes to mind when you look at the mural? What does this story in the Bible mean to you?

8. Do you believe that God is in this mural, or not? Do you believe that God is in your life, or not?

9. Listen. What is God telling you through this mural?

10. Finish with a silent prayer, spoken word, re-written psalm, and/or poem to God.


Step 3: Journal about your experience.