

Prayer and Photography: A Guide to Self-Care and Spirituality

Photography is a great hobby to take up if you are looking for a way to relieve your stresses and appreciate the beauty of creation. It is also a wonderful way to strengthen your faith.

For SERVE volunteer Sr. Jenny Mhy-sy Yasa, her Self-Care routine includes prayer, reading self-help books, and taking photographs to help her connect with her inner self and enrich her spirituality.

"I channel most of the time my creativity during Self-Care Week through photography, particularly mobile photography (iPhone 6s). Photography makes me appreciate every single element of God's creation that surrounds us. It's just a matter of witnessing and appreciating every beauty that is around us, may it be tangible or intangible," Jenny reflects.

She said that every photo that she captures has its unique charm and a different story.

"It makes me realize and value more the beauty that God allowed me to witness in that particular moment. Since everything that we see around us is all passing, capturing such a moment or object will serve as memorabilia which is priceless," she muses.

Jenny said that she owes her talent to God and this makes it hard for her to put her feelings to words. Through photography, she is able to convey her gratitude to Him. At the same time, she uses her talents as an opportunity to share the joy with others.

"If my words aren't heard by many praising the Lord or if my actions aren't visible serving Him, let my photos convey my message to others that glorifying God can be also through photography," she says.

