

Visio Divina 5 to 10 minute practice

Visio Divina -- What is it?

You have heard the expression, "A picture is worth a thousand words." For example, have you ever been struck by an image of the manger scene at Christmas? There is something about the image that captures our attention and focus. That experience is what the practice of Visio Divina is all about.

Why do it?

As we practice Visio Divina ("divine seeing" in Latin) we prayerfully invite God to speak to our hearts as we look at an image. Prayerfully gazing at a photograph, icon, piece of art, or other visual representation allows the viewer to experience the divine in a unique and powerful way.

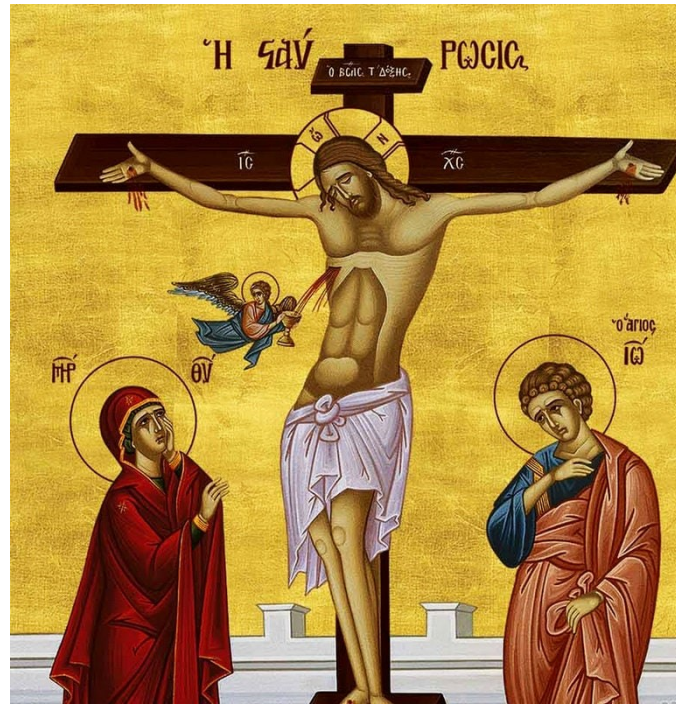
How to practice Visio Divina

1. Find a comfortable place where you will not be disturbed or distracted. Look at the image on the other side of this card while breathing slowly and deeply. Gaze at the entire picture. Give yourself time to notice shapes, colors, lighting, and any other details. Once you have looked closely at the artwork, note what has drawn your attention.
2. Meditate on the part of the picture that has drawn your attention. How is God speaking to you? Is there a message conveyed that pertains to your life? Do you sense an invitation or a call? How do you feel? What word describes what you are feeling?
3. God has been speaking to you through the image. What is your response? Articulate your prayers, thoughts, emotions, and anything God may have spoken to you.
4. Now take some time to rest in silence in communion with God, the one who loves you beyond measure.
5. When you have completed your practice, consider the questions below the image, and write your reflections on the card and bring it back to church **next Sunday**.

Going deeper

Try to do this practice every day this week. See if anything different comes up for you.

All Spiritual Practices will also be published in the bulletin.



Consider the following questions:

1. What emotions does this image evoke in you?

2. If this image leads you into an attitude of prayer, let these prayers take form in you. Write your prayer down if you desire. Then offer your prayers to God.