

GUIDE TO VISIO DIVINA



INTRODUCTION:

Visio Divina is Latin for “divine seeing.” It is a way of praying with images to listen to God’s Word. Similar to Lectio Divina, we can practice this form of prayer in four steps.

PREPARE:

Before you begin, select an image to pray with. You may be wondering what image to select. Some people find an image of religious art, perhaps one that depicts a Scripture passage that is meaningful to them or relevant to the liturgical season. The image does not have to be religious. Perhaps you have a favorite painting, photograph, or an object of nature that evokes God’s presence. Experiment! A great way to choose an image is to ask the Holy Spirit to guide your selection—you just might be amazed at how God’s beauty through the visual arts speaks to your life and your heart as you pray!

Once you have your image, quiet yourself. Ask the Holy Spirit to guide your prayer.

PROCESS:

Step 1: Read the text (in this case the art) slowly, taking a first glance. Notice the colors, people, places, and things. You may find it helpful to jot down what strikes you.

Step 2: This time, take a second, deeper look. Where do you see movement? What relationships do you see? Use your imagination to place yourself in the scene. Where are you in the picture? What do you see from that perspective. What deeper meaning is surfacing for you?

Step 3: Respond in prayer to what you are receiving. How are you feeling? Are you reminded of any experiences? What is it invoking in you? Offer your reflections to God in prayer. Listen for God’s response. .

Step 4: Rest and simply “be” in God’s presence.

