

Vision Divina is a practice where you use a picture as part of your prayer. You sit with a picture (it could be one you took or found, or perhaps a work of art, etc) and ask God to show you if the image brings up anything for you. You might ask questions like, "How does this image relate to my life right now?" "What can I learn about God through this image?" "Is there an invitation here for me from God?"

Today, you have the opportunity to choose one of the two images on the following pages. Take about 5-15 minutes just sitting with God and letting Him speak to you. (If you need a place to start, perhaps consider what these images might speak about consolation or comfort from God?)



Photo by [Kristine Cinate](#) on [Unsplash](#)



Photo by [John Fowler](#) on [Unsplash](#)