

Visio Divina

visio ...5 min.

NOTICING--What sticks out to you? Get up close to it and look at it carefully.

Explore the work with your eyes. Consider the color, character, movement, mood, style, etc. View it from every angle. Then find a comfortable place to sit in the gallery where you can directly view the piece and be seated.

SLOWING--Pray for a few moments and prepare your heart to meditate and commune with God. The rest of the exercise will be spent in prayer. Everything you do, think, write, draw, feel...let it all be prayer. Take several minutes. Allow yourself to slow down, enjoy this time. God is here...you can do this.

Meditatio ...5 min.

GAZING--Fix your gaze upon the art and linger there. If you feel your mind or eyes wandering, don't judge yourself, simply return to focusing on the image. Let your eyes linger on the image, persist there and listen to your inner voice, listen for GOD speaking to you.

Oratio ...15 min.

FOCUSING--As you gaze upon the work of art, begin to ask yourself a few questions. How do I feel? What am I hearing? What am I seeing? Where is GOD at work in this space? What is GOD saying to me? What is the condition of my soul? How am I interacting with what I'm seeing? Am I open? Be open to invitations from God.

ENGAGING--Slow your mind by writing down your thoughts. This is simply between you and GOD, this is prayer. Feel free to sketch or doodle. If you don't know where to start simply begin by writing: "Oh God, in this moment..." Journal, draw, listen to the room, listen to your thoughts, continue to view the piece and contemplate it. Allow God to speak to you and record it on the page. Allow yourself to be surprised by GOD'S presence. Break away from your normal prayer routine & engage with GOD in a new way.

Contemplatio ...5 min.

LISTENING--Remain in prayer as you continue to meditate, listen, draw and write.

Group Sharing ...25 min