

Visio Divina

To be used in conjunction with a painting

Visio Divina pays attention to how God comes to us through our eyes. You are invited to pray with the painting allowing God to speak as the process unfolds. Record impressions as you follow this guide in your journal.

1. Come into God's loving presence and receive God's loving gaze. Breathe in your awareness of God's presence, and breathe out distractions or worry. Invite the Holy Spirit to guide your prayer.
2. Gaze at the painting with openness and seek to see with God's eyes.
3. Notice what stirs within you. What responses, memories and feelings does the image evoke? What connection does the image make with your life? Take your time. Journal your impressions.
4. Respond to God about what you are seeing and sensing. What do you want to take with you and remember about this time of prayer? Let the image continue to remind you to seek God.