

VIZIO DIVINA

The Bible is full of stories where God uses images to communicate with His people (bowing wheat, sickly cows, dry bones). *Visio divina* is a kind of "divine seeing," a prayerful interaction with a photograph, piece of art, or other visual representation.

Pray:

May the eyes of my heart be enlightened, that I may know what is the hope that belongs to his call, what are the riches of glory in his inheritance among the holy ones and what is the surpassing greatness of his power for us who believe.
Ephesians 1:18-19



Activity: Vizio Divina

1. What is the first thing you notice when you look at the painting? Stay focused on that part for about a minute.
2. Next, allow your eyes to take in the entire image. Don't rush, take time to notice everything.
3. Consider the following questions:
 - How does this image make you feel?
 - What is this painting bringing forth in you? Does the image bring a person, time, or place to mind?
 - Let the image lead you in prayer.
5. Jot down the insights you want to remember, actions you are invited to take, wisdom you hope to embody, or any feelings or thoughts you wish to express.
6. Now, offer your prayers to God in a final time of silence.

Alternative Activity:

Create a drawing of your own, inspired by this sample and then offer it to God in prayer and meditation listening for your first step towards greater freedom.

On the left, draw images of things that you feel tied to such as unforgiven acts and regrets, haunting memories, people or places, habits, mistakes, accidents, or tragedies. Ask God if you need help bringing unforgiveness to mind.

On the right draw what freedom looks like for you. If you don't know what freedom would look like for you, ask God what he wants for you and listen.