Visio Divina is the slow, thoughtful contemplation of a picture, photo, work of art, or anything visual that invites God to speak to me in a deeper way.

Preparation of Heart:
- Breath in and out slowly and ask the Holy Spirit to quieten your mind and heart.
- Perhaps read the scripture passage related to your chosen image.
- Let your eyes roam over the image. Notice what, or who, is standing out to you and catching your attention.
- Allow the image to speak to you.
- Why did a particular part of the image stand out to you?
- What is God saying to you?
- Notice what emotions or questions are emerging.
- What do you want to say to God in response?
- Try to sum up (writing in a journal can help) the main gist of your conversation with God.
- Perhaps pray a “Glory Be...”
- As you finish your time of prayer, keep the image visible to remind you of God’s message to you.

Sacred Seeing:
- Perhaps on your wall or off the internet.
- Maybe even sit in a church before a stained-glass window or visit an art museum.

FIND AN IMAGE
- Large images help you be immersed more easily.

1. How to Pray Visio Divina
- (allow at least 15 min)

2. Prepare Your Heart
- Perhaps on your wall or off the internet.
- Maybe even sit in a church before a stained-glass window or visit an art museum.
- Large images help you be immersed more easily.

3. Gaze on the Image
- Let your eyes roam over the image. Notice what, or who, is standing out to you and catching your attention.
- Allow the image to speak to you.

4. Let God Speak
- Why did a particular part of the image stand out to you?
- What is God saying to you?
- Notice what emotions or questions are emerging.
- What do you want to say to God in response?

5. To Close
- Try to sum up (writing in a journal can help) the main gist of your conversation with God.
- Perhaps pray a “Glory Be...”
- As you finish your time of prayer, keep the image visible to remind you of God’s message to you.

“St. John Paul II, Letter to Artists:
All men and women are entrusted with the task of crafting their own life: in a certain sense, they are to make of it a work of art, a masterpiece.”