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.

1. Find an Image
   - 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.

2. Prepare Your 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.

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.

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. 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.”