

VISIO DIVINA

- Choose an image to pray with. It could be a painting (or online image of a painting), photograph, video footage, or any other visual medium.
- Find a quiet place and get comfortable. Breathe deeply and relax your body.
- Invite God to open the eyes of your heart to see what God wants you to see.
- If the image is specifically related to a biblical scene or story, read it before you begin.
- Take a slow look at all the aspects of the image – the forms, figures, colors, lines, textures, shapes. If there are characters in the image, take note of facial expressions, body language, relationship to other characters.
- Pay attention to the thoughts and feelings the image invokes. What captures your attention? What draws you in or what repels you?
- If you're a journaler, record your initial impressions.
- Then take a longer second look and explore more fully your reactions to the image.
- Sit with your questions, thoughts, feelings, and reactions. Ask God to give you clarity about their meaning.
- If you're a journaler, record any insights or discernment you receive.
- Spend some time in prayer, asking if and how God is calling you to respond.
- Finish by spending some time simply being with God.

Good online sources for images include:

National Gallery of Art (<https://www.nga.gov>)

Web Gallery of Art (<https://www.wga.hu>)