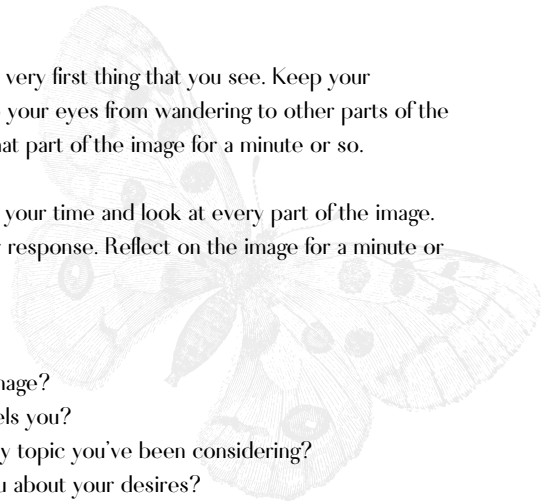




# *Visio Divina*

...visual art as an  
invitation to  
meditative prayer



- Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that part of the image, trying to keep your eyes from wandering to other parts of the picture. Breathe deeply and let yourself gaze at that part of the image for a minute or so.
- Now let your eyes gaze at the whole image. Take your time and look at every part of the image. See it all without judging either the image or your response. Reflect on the image for a minute or so.
- Consider the following questions:
  - What do you feel as you engage with this image?
  - What about this image draws you in or repels you?
  - How does this image speak to you about any topic you've been considering?
  - What, if anything, does this image say to you about your desires?
  - What might God want to say to you through what you have noticed?
  - In light of what God has been showing you, how do you find yourself wanting to respond?
- Give space and time to connect with and respond to God in whatever way seems most appropriate (voicing a prayer out loud, observing silence, crying, dancing, journaling, etc). Take a few moments to thank God for what God has shown you.