

If you would like to go deeper

All Visio Divina, or 'Divine seeing' requires of us is a few minutes of quiet, while we look at an image, what the artist might say to us, even putting ourselves into the artwork, and allowing God to speak to us.

The four stages of Visio Divina, assuming we are relaxed, quiet and with a copy of the picture in front of us, are listed below the image.



Niels Larsen Stevns, *Christ And Zaccheus*, 1913

1. Look at the picture slowly, noting the colours, people, places, and things. Start in one corner and work your way around it. Remain with the image for one to two minutes. If you would like, jot down a few words about what you see, particularly anything you missed at first glance.
2. Take a second, deeper, look. Where is there movement? What relationships do you see? Engage your imagination. Where might you be within the picture? What do you see from that perspective? What deeper meaning emerges?
3. Respond to the image with prayer. Did the image remind you of an experience, person or issue for which you'd like to offer thanksgiving or intercession? Offer that prayer to God.
4. Be still. Breathe deeply. Relax your shoulders, arms, and legs. Rest in this quietness and let God speak.

Lectio Divina

Alternatively, If a particular passage stays with you and you'd like to spend more time with it, you might try Lectio Divina — an ancient way of prayerfully reading Scripture.

It's less about studying for information, and more about listening for God's personal word to you through the text.

1. Lectio – Reading

Choose a passage and read it slowly and attentively. Notice any word or phrase that stands out. Let the text speak to you at its own pace.

2. Meditatio – Reflecting

Read again, asking: What is God saying to me through this word or phrase? Let your heart and imagination enter the scene.

3. Oratio – Responding

Speak to God in prayer. Share your thoughts, questions, gratitude, or struggles.

4. Contemplatio – Resting

Simply rest in God's presence. Allow silence, trust, and love to fill the space.

You might finish by giving thanks for what you've heard and carrying that word with you through the week.

References

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