

Visio Divina

Divine Seeing

Visio Divina is a slow, prayerful examination of a work of art as a tool for lifting your heart and mind to God and His mysteries. Gaze at the image and use it as an inspiration to pray, following the same steps as Lectio Divina.

Visio: *Look at the image*

Slowly examine the content, look for details, notice what stands out to you. Work to understand the meaning or story told by the image.

Meditatio: *Meditate on the image*

Connect to what you know about the background of the image. Imagine yourself present in the events. Consider expressions, colors, and symbolism.

Oratio: *Pray with the image*

Dialogue with God about what you see in the image and what you think. Ask Him to reveal what He wants you to understand through the art.

Contemplatio: *Contemplate the image*

Quietly examine the image again. Note what God taught you through your prayer with this piece of art.

Visio Divina Questions

Here are some ideas to help you discuss a piece of artwork together as a family:

- Who is present in this image? What is taking place?
- Can you connect this art to a story from the Bible? What details did the artist include?
- Where is the focal point of the art? Are there any details happening in the background?
- What colors stand out to you? Do you think they symbolize anything important?
- What do you notice about the expression of the people? What can you guess about their emotions, thoughts, or actions?
- How does this piece of art make you feel?
- What questions does this art make you want to ask?
- What can we talk to Jesus about as we reflect on this artwork?