

# Visio Divina

## Divine Seeing

“Prayer is the key that opens the heart of God.” - St. Padre Pio

*Visio divina is adapted from the sixth-century Benedictine practice of Bible reading called lectio divina, using both the text and art to help the reader encounter the living Word of God. The rhythm of visio divina ignites the senses to “hear and see” the Word of God as one listens, meditates, and prays with the sacred text.*

### Visio: Seeing

Take your time looking at this picture. Trust that God will use this image to speak to your heart. What details do you notice? What strikes you in this picture? Consider the colors, expressions, and symbols. If there is any point in the picture that calls to you, let your eyes rest on it.



### Meditatio: Meditation

Let us reflect on the meaning of the image. What do you think the picture means? How do you feel about it? We are invited to hear the Scripture passage that this picture is describing. May we hear the Word of God as we have never heard it before. Let us pay attention to every word and detail.



### Oratio: Prayer

Heavenly Father, what is it that you're trying to say to me through this picture, this Scripture story. Why do I feel sad, humble, or angry? Let me tell you what is inside of me now. And you can tell me what is in your heart. Let us have a conversation.



### Contemplatio: Contemplation

It is time to rest, to rest in God. Let us put away our questions, our worries, and our plans. God knows very much how much we want to be good and how we are worried about our family and friends. Right now, God just wants to be with us. Let us simply rest in God.



### Operatio: Action

As we end this time of prayer, ask yourself, “How am I moved to do better? To live my call as the child of God?” Tell God, “Lord, I know you so much want to give me graces and blessings. Please pour them into my heart and my life.”



While this is the usual order of Visio Divina, know that it is a process of openness to whatever the Holy Spirit leads you to. So do not be concerned if you do not follow this layout exactly. These steps are simply an outline to guide you to conversation with God. *Adapted from Katie Weiss by the Office of Faith Formation [www.dioscg.org](http://www.dioscg.org)*