



“Genuine sacred art draws man to adoration, to prayer and to the love of God, Creator and Savior, the Holy One and Sanctifier”

~ Catechism of the Catholic Church 2502

Visio Divina (Latin for ‘divine seeing’) is a method for praying with images as God also communicates with us through images. Examples of relations between images and prayer can include Saint Peter’s vision in the Acts of Apostles, (Chapter 10) or Prophet Ezekiel’s vision of dry bones in the book of Ezekiel (Chapter 37). Visio Divina can be practiced individually or within the family.



**CHURCH OF
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FAITH & EVANGELISATION**

Steps for Visio Divina

• Step 1

Sit in your prayer space or a quiet place. Take deep slow breaths. Gently recall your intention of entering into prayer. Invite Jesus to be with you during this time and ask Him to open the eyes of your heart to see what He wants you to see.

• Step 2

Gaze at the (chosen) image. Allow your eyes to rest on the image. Be aware of your feelings as you slowly gaze and parts and whole of the work. Take your time. Proceed also to read the related Scripture passage from your Bible if you are inspired to.

Continue with your gaze. Imagine yourself being in the scene. What are possible sounds and smell you may experience? Remain open and receptive. What personal experience might God be inviting you to?

• Step 3

Continue to pray as you gaze. Does the experience open a desire in your heart for God? How is God calling you to respond? How does the image relate to your life in the present moment?

• Step 4

Note down your insights, promptings and potential actions God might have inspired you. You can conclude with a “Glory Be” prayer or a short prayer of thanksgiving.

Note: Average duration for Visio Divina varies between 15 to 20 minutes.. Quality connection with the Sacred Image is more important than the number of minutes spent.



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Entry into Jerusalem



Christ on the Cross



Christ's Burial



The Resurrection

