

VISIO DIVINA

AN INVITATION TO SLOW DOWN AND SIMPLY LISTEN TO WHAT GOD SAYS TO US THROUGH OUR SENSES AND TO ENCOUNTER THE DIVINE IN IMAGES OF SPLENDOR, WITHOUT NEEDING TO FIND THE PERFECT WORDS OURSELVES.

THE STEPS ALONG THE WAY

SEE

SPEND SOME TIME LOOKING OVER THE ENTIRE IMAGE.
IS THERE A FIGURE, SHAPE, COLOR, TEXTURE OR
WORD THAT CALLS YOUR ATTENTION?
WHAT FEELINGS, THOUGHTS, OR DESIRES DO YOU
NOTICE?

CONTEMPLATE

ALLOW YOURSELF TO BE DRAWN INTO SILENCE;
STOP MEDITATING OR CONVERSING.
REST IN GOD.

BECOME

RETURN TO THE IMAGE.
NOTICE HOW GOD HAS BEEN SPEAKING TO YOU.
NOTICE HOW YOU ARE BEING TRANSFORMED BY GOD.

PRAY

PRAY TO GOD, ASKING GOD TO USE THE IMAGE,
THOUGHTS, IMPRESSIONS AND FEELINGS TO
TRANSFORM YOU.
GIVE TO GOD WHAT YOU HAVE FOUND, SHARING WITH
HIM WHAT HAS TOUCHED YOUR HEART. YOU MAY BE
DRAWN TO PRAY FOR YOURSELF, OTHERS OR THE
WORLD.
GIVE THANKS AND PRAISE TO GOD.