



*Holy
Beautiful
Visio
Divina
Guide*



What is Visio Divina?

Visio divina is a prayer practice that is based on the practice of lectio divina. Lectio divina is Latin for divine reading and describes a way of reading the Scriptures. It is a traditional Benedictine practice that pairs reading Scripture with meditation and prayer. Pope Benedict XVI said in a 2005 speech, "I would like in particular to recall and recommend the ancient tradition of lectio divina: the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart."

Visio divina is Latin for divine seeing and is a similar practice to lectio divina but is practiced with images. It is a prayer practice that allows us to encounter God's presence in what we see and embraces multiple aspects of ourselves including analysis, reasoning, imagination, and intuition. God often spoke to His people through dreams and visions and continues to do so because God is the same yesterday, today, and forever. (Hebrews 13:8). God wants to be known by His people and will communicate with us in many different ways. (Proverbs 8:17, Jeremiah 31:33, Jeremiah 29:13)

According to J. Brent Bill in *Mind the Light* it "an invitation to experience a new way of seeing that shows our brains and souls what to pay attention to. It's a way of seeing our inner and outer lives with spiritual eyes and discovering the connectedness between inner and outer sight."

Pray With Your Eyes

Visio Divina (“divine seeing” in Latin) is an excellent way to focus on God in visual prayer. AS with Lectio Divina, Visio Divina is the slow, thoughtful contemplation of something visual that invites God to speak to you in a deeper way.

Here are a few tips for getting started with your own Vision Divina practice:

FIND INSPIRATION

Inspiration can be found anywhere: in books, magazines, photos, art, nature or any visual media. Pinterest is a great resource and place to create a Visio Divina board that you can reference quickly. Choose images that grab your eye and speak life into you when you see them. Any image that brings you joy, happiness, or peace is speaking life. Take time and find the ones that you genuinely enjoy and use them often in your practice. They will speak differently each time.

OPEN WITH PRAYER

Always begin with a prayer that invites the Holy Spirit to lead you in your visio divina practice. He knows your needs for the day, allow Him to guide you.

“In the name of the Father, the Son and the Holy Spirit, please help me choose the right inspiration for today. Please speak to my soul what needs spoken. Guides my eyes as I pray through sight. Lead my thoughts.”

CONSIDER FIRST IMPRESSIONS

When you first look at your image, let your eyes remain on the very first thing you notice in your chosen image. Don’t let your eyes wander. Stay with your initial focus. Breathe slowly and bring your attention back when it strays. Ask God to speak through what you have noticed. Sit quietly and listen for His answer. Spend at least 5 minutes here.

PAY ATTENTION TO THOUGHTS AND FEELINGS

Then let your eyes take in the image in its entirety. Take note of what catches your attention as you gaze on the image. How does it make you feel? What memory has it stirred? Does a scripture come to mind?

LISTEN FOR GOD’S VOICE

Remain silent. This is important for effective visio divina. Remain still and listen for God’s message to you. When He reveals something, take note of it and when you are ready. . . journal what has come. Write down everything you felt, heard and noticed. Write down what God taught you or revealed to you.

RESPOND IN PRAYER

Finish by praying about your experience. Give to God what needs to be given and receive what He offered you. Let Him grow you in this moment. Take your time. Do not rush.

