

The “richest prayer life comes through multi-sensory connection with God. We are each wired in different ways. Some of us respond best to the written word, some to the spoken word, some to music, some to art, some to movement. We can connect to God in prayer through each of these ways. Though we may have a preferred sense through which to pray, the richest prayer life will come through experiencing God through all your senses.”

Kathryn Shirey

NOTES: *Visio Divina* invites us to see at a more contemplative pace. It invites us to see all there is to see, exploring the entirety of the image. It invites us to see deeply, beyond first and second impressions, below initial ideas, judgments, or understandings. It invites us to be seen, addressed, surprised, and transformed by God who is never limited or tied to any image, but speaks through them.

To begin, open your heart and mind to God; slowly look and notice the image, taking your time to let feelings and thoughts come to you as you take in forms, figures, colors, lines, textures, and shapes. Then consider . . .

- *What does it look like, or remind you of?*
- *What do you find yourself drawn to?*
- *What do you like and not like?*
- *What are your initial thoughts?*
- *What feelings are evoked?*
- *What do the image and the Spirit want to say, evoke, make known, or express to you as you attend to it in quiet meditation?*
- *How do you find yourself wanting to respond to what you are experiencing? Take the time to respond to God in ways commensurate with your prayer: gratitude, supplication, wonder, lament, confession, dance, song, praise, etc.*

A Method of Visio Divina

- *Pray in quiet with your eyes closed. Bring yourself towards stillness.*
- Gaze at the image. Let your eyes rest on the characters and objects. Note your feelings as you examine the whole and parts of the work.
- *Read or listen to accounts of the events. They might be scripture, insights into the work, guided meditation.*
- Gaze at the work again. Imagine that you are in this scene. What do you see from your vantage point? What you hear? smell? sense?
- *How is the sacred present to you in this experience?*
- How does this *Visio Divina* relate to your life now?
- *What insight from this experience do you want to retain? How will you do that?*
- Complete the *Visio Divina* by offering a prayer of thanksgiving.