



VISIO
DIVINA

SACRED SEEING

PRAYING WITH
OUR EYES



Visio Divina is the slow,
thoughtful contemplation of
a picture,
photo,
work of art,
or anything visual that
invites God to speak to me
in a deeper way.



HOW TO PRAY VISIO DIVINA

(allow at least 15min)

1. FIND AN IMAGE

Perhaps on your wall or off
the internet.

Maybe even sit in a church
before a stained-glass window
or visit an art museum.

Large images help you be
immersed more easily.

2. PREPARE YOUR HEART

Breath in and out slowly and
ask the Holy Spirit to quieten
your mind and heart.

Perhaps read the
scripture passage related
to your chosen image.



3. GAZE ON THE IMAGE

Let your eyes roam over
the image. Notice what, or
who, is standing out to you
and catching your attention.

Allow the image
to speak to you.

4. LET GOD SPEAK

Why did a particular part of the
image stand out to you?

What is God saying to you?

Notice what emotions or
questions are emerging.

What do you want to say to God
in response?

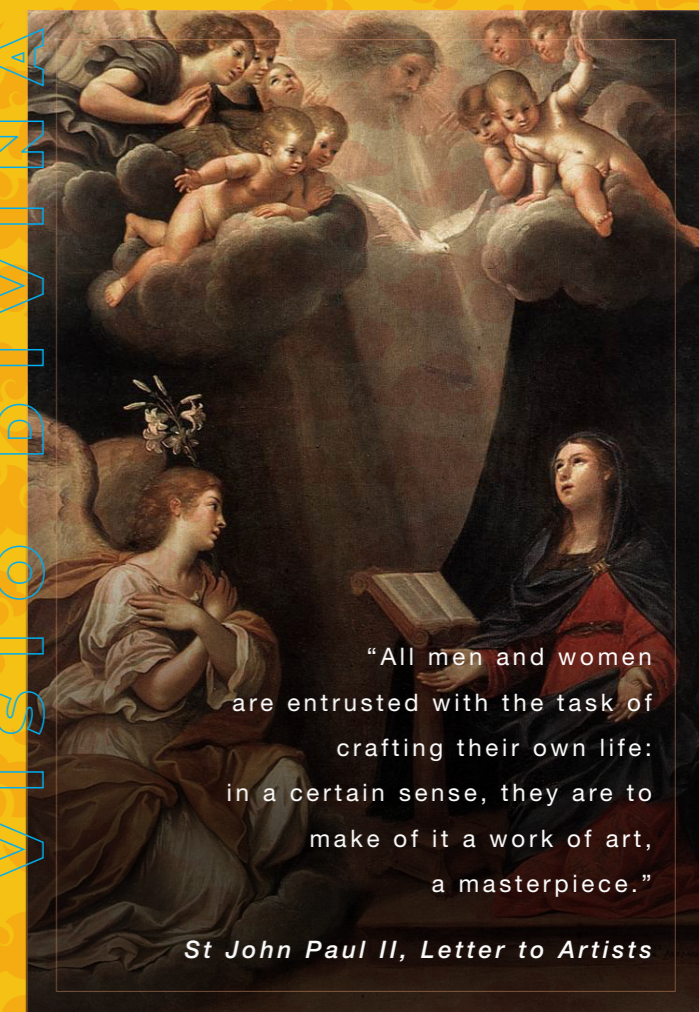
5. TO CLOSE

Try to sum up (writing in
a journal can help) the main
gist of your conversation
with God.

Perhaps pray a "Glory Be..."

As you finish your time of prayer,
keep the image visible to remind
you of God's message to you.

VISIO DIVINA



"All men and women
are entrusted with the task of
crafting their own life:
in a certain sense, they are to
make of it a work of art,
a masterpiece."

St John Paul II, Letter to Artists