Visio Divina Basics

Choose an image A painting, photograph, sculpture, or other artwork. Set aside some quiet time with this piece and begin with a prayer of intent to be open to the Sacred.

Look slowly at the image, taking in every detail without critique. Observe the colors, shapes, shadows, lines, empty spaces. Allow your unfiltered response to arise—feelings, memories, thoughts. Notice and welcome these reactions, without evaluation, whether they seem negative or pleasing.

How do these feelings, evoked by the image, connect with your life? What desires are stirring in you? How are you drawn to respond?

Take a few moments to reflect in writing, discussing, or whatever embodiment fits your expression. Finally, simply rest in presence and acceptance for what is.