



# Visio Divina

*Always begin by quieting yourself and asking the Holy Spirit to give you wisdom as you read God's Word and reflect on a piece of art.*

1

## Lectio - Read

Read the passage and note what word or phrase stands out to you.

2

## Meditate

As you meditate on the words and study the piece of art - what are drawn to? Ask the Lord why you are drawn to it.

3

## Pray

Pray about what the words and art reveal about God's character. How do the words and art relate to your circumstances?

4

## Contemplate

Rest in God's presence and contemplate what He has said and how you will respond.

