**Steps for Visio Divina:**

It is not necessary to have art that is specifically “sacred”, since God can speak through any artwork. The artwork may be a painting, sculpture, photography or an actual scene in front of you. You want to have a journal handy to note any insights you receive. Remember, your job is to find a quiet place to create stillness to allow space to hear the “still small voice” of God. If contemplation practices are new to you, you can find further information on the resources page.

1. Place the image before you and begin with prayer, asking for an open heart and mind before God. Ask God to speak to you through this prayer time.
2. If there is contemplation or bible reference that goes with the artwork, read the passage slowly pausing to contemplate anything that stands out to you. (text is not necessary for visio divina)
3. Now take a long look at the image, moving around the image slowly. Notice any feelings, thoughts or physical reactions you have initially and jot those down. Pay attention to any shapes, colors, forms, textures, etc. and record your impressions of what you notice about the image. There is no right or wrong way to do this, just observe what moves you and what you notice in yourself as you look at the painting.
4. Look at the image again. What jumps out at you? What draws you into the scene? Imagine yourself in the scene, who are you? An observer or participator? What is happening? What do you see, smell, hear, taste, or feel? Be open to anything that comes to you as you take a long, more personal second look.
5. Journal any more feelings, thoughts, reactions-good or bad, any memories or any conflicting thoughts or feelings that come. Speak to God about anything that you observe and ask God for insights to your observations.
6. Take some time to go over what you received from this practice and ask God how you might respond or what awareness you might take from this time of prayer. Journal anything that seems relevant or if nothing seems significant ask God to give revelation in the future.