

Cultivating Love



through NEW

Spiritual Practice: Visio Divina



In the words of the song by Paul Baloche, we sing, “Open the Eyes of My Heart, Lord”. In visio divina, these words become our prayer. Visio Divina, meaning divine seeing, invites us to spend time with God through reflection on an image. That image can be a photograph, an icon, a painting, or other artwork.

Once you have selected an image, look at it. What do you notice in the background? The foreground? Where is the light source? What colors appeal to you? To what part of the image is your attention especially drawn?

Focus on that part. Meditate on it. To what in your life is God communicating through that part? What feelings is it evoking? What memories is it bringing to mind? What is stirring in you?

God has been communicating with you through this image. Now is your opportunity to respond. Say a prayer; it can be as simple as repeating a word or two that you thought of in your meditation.

Remain with the image for awhile after you have said “Amen.” Breathe deeply. Savor stillness.

“So that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints.” (Ephesians 1:18 NRSVUE)