

LECTIO

READ

READ SEVERAL TIMES, BE ATTENTIVE TO
DETAIL

NOTE VERSES OR PHRASES THAT STAND
OUT TO YOU

WORK TO UNDERSTAND MEANING AND
BACKGROUND

JOURNAL STARTERS:

- IN THIS PASSAGE...
- MY FAVORITE VERSE WAS...
- I NOTICED...

MEDITATIO

MEDITATE

THINK ABOUT THE READING AND CONNECT
TO YOUR LIFE

IMAGINE BEING PRESENT TO HEAR THE
PASSAGE OR WITNESS THE STORY

JOURNAL STARTERS:

- THIS REMINDS ME OF...
- IF I WERE THERE...
- I CAN CONNECT THIS STORY TO...

ORATIO

PRAY

DIALOGUE WITH GOD IN PRAYER ABOUT
THE PASSAGE

THANK GOD FOR HIS WORD

ASK HIM TO LEAD YOU INTO DEEPER
UNDERSTANDING

JOURNAL STARTERS:

- DEAR JESUS...
- THANK YOU GOD FOR...
- PLEASE HELP ME UNDERSTAND...

CONTEMPLATIO

CONTEMPLATE

QUIET EXPRESSION OF LOVE BETWEEN YOU
AND GOD

NOTE WHAT GOD IS TRYING TO TEACH YOU
THROUGH THE PASSAGE AND TIME OF
PRAYER

JOURNAL STARTERS:

- I THINK JESUS IS TEACHING ME...
- LORD, I LOVE YOU FOR...
- I BELIEVE...

VISIO DIVINA

DIVINE SEEING

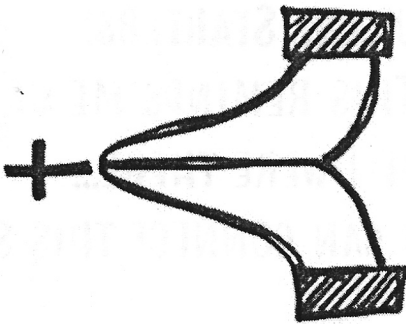
Contemplatio

Contemplate



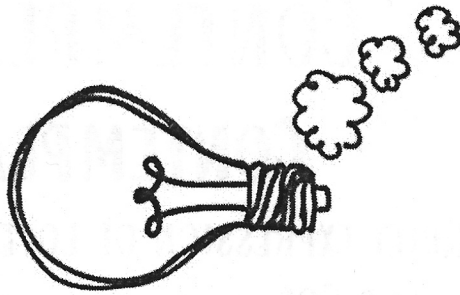
Oratio

Pray



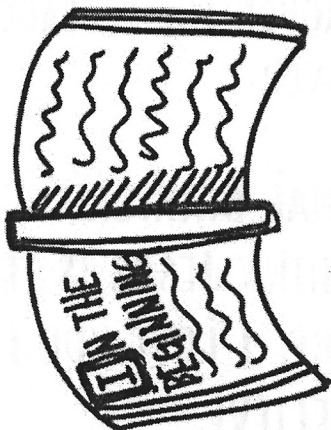
Meditatio

Meditate



Lectio

Read



VISIO DIVINA IS A SLOW, PRAYERFUL EXAMINATION OF A WORK OF ART AS A TOOL FOR LIFTING YOUR HEART AND MIND TO GOD AND HIS MYSTERIES. GAZE AT THE IMAGE AND USE IT AS AN INSPIRATION TO PRAY, FOLLOWING THE SAME STEPS AS LECTIO DIVINA.

LECTIO: *READ THE IMAGE*

SLOWLY EXAMINE THE CONTENT, LOOK FOR DETAILS, NOTICE WHAT STANDS OUT TO YOU. WORK TO UNDERSTAND THE MEANING OR STORY TOLD BY THE IMAGE.

MEDITATIO: *MEDITATE ON THE IMAGE*

CONNECT TO WHAT YOU KNOW ABOUT THE BACKGROUND OF THE IMAGE. IMAGINE YOURSELF PRESENT IN THE EVENTS. CONSIDER EXPRESSIONS, COLORS, AND SYMBOLISM.

ORATIO: *PRAY WITH THE IMAGE*

DIALOGUE WITH GOD ABOUT WHAT YOU SEE IN THE IMAGE AND WHAT YOU THINK. ASK HIM TO REVEAL WHAT HE WANTS TO UNDERSTAND THROUGH THE ART.

CONTEMPLATIO: *CONTEMPLATE THE IMAGE*

QUIETLY EXAMINE THE IMAGE AGAIN. NOTE WHAT GOD TAUGHT YOU THROUGH YOUR PRAYER WITH THIS PIECE OF ART.