

Reverse Visio Divina (Wander & Wonder)

In traditional Visio Divina an image is selected for you. In this practice you begin with a verse from scripture and search for a “divine image” for yourself in the world around you.

Select verse from scripture and read it aloud.

What one word stands out to you?

Allow this word to focus your exploration. Look for your own “divine image” of this word in your surroundings. If appropriate, take a picture to share.

Deeply consider your “Divine Image”

Use these questions to reflect on your image:

Why were you drawn to it?

What do you see?

How does it make you feel?

What is God saying to you?

What is God inviting you to do?

Share

How might you share your image with others?

Consider posting your image to social media, texting it to a friend, or creating a piece of art in response to your image.