

# Visio Divina “divine seeing”

*Visio divina is similar to lectio divina, but it focuses on “divine seeing”. Select an image, icon, photo, or mural. You may choose to pair it with a verse from scripture. Consider the following questions:*

## **First Look**

### ***What do you see?***

Slowly scan the image. What do you notice?  
What is your eye drawn to?

## **Second Look**

### ***What do you feel?***

As you look again at the image, be attentive to how it makes you feel. Share a word or phrase that summarizes your feelings.

## **Third Look**

### ***What is God saying to me?***

Look again at the image. What is God trying to say to you through this art?

## **Fourth Look**

### ***What is God inviting me to do?***

Consider the art one last time. What will carry with you. To what action might God be inviting you?