

A Simple Way of Visio Divina or Divine Seeing - to use art to help you talk and listen to God.

1. Find something to look at.

The first thing is to find an image or picture to look at. No big deal. Just something you might like to look at for a time.

2. Calm yourself down.

Close your eyes. Stop thinking. Take a breath, and ask God to be with you. "God, be with me."

3. Look at the art.

Open your eyes and look at the item. Look for colors and shapes and anything that might stand out. Do this for just a minute or so. Then close your eyes.

4. Reflect on what you noticed.

Now, keep your eyes closed and think about what you saw. Think about what God might want you to think about as you look at this item. Now open your eyes and look again.

5. Ask yourself "what should I think about, God?"

Take the time as you look at the image again to think about God. Does a certain word come to your mind? Does something from your day come to mind? Is God wanting you to think about something special? Look as long as you want and talk to God inside about these things.

6. Close your eyes and say thank you.

When you are done looking, close your eyes, take another deep breath and tell God thank you for what you might have seen in the image. Perhaps God shared with you something you might need to pray about more. Go ahead. Maybe you just feel glad that you were able to look at something pretty that someone made to help you talk to God.

7. Open your eyes and close your prayer time.

Open your eyes and bless yourself or close with a simple pray like this... "Lord, thank you for talking to me in this image. Help me to always be open to listening to what you can teach me. In Jesus. Amen. "