

What is Visio Divina?

Visio divina invites the viewer into "divine seeing." Visio divina shares roots with the ancient practice of lectio divina. (Lectio divina calls for a slow, careful interaction with scripture through meditation and prayer, allowing a word or phrase to rise in one's consciousness, a holy word to be savored and examined.) Similarly, visio divina invites one to encounter the divine through images. A prayerful consideration of and interaction with a photograph in the magazine, icon, piece of

art, or other visual representation allows the viewer to experience the divine in a unique and powerful way.

Visio divina can be practiced individually or with a group in a small group or worship setting by using a piece of art as a focal point for prayer. Scripture can also be paired with the image in order for the viewer to reflect on the scripture through the art.