

Day Four: Imago Divina (Divine Picture)

The practice of Imago Divina, Divine Picture, is similar in practice to Fabella Divina, however instead of writing a story, we doodle or draw, watching for God to speak to us through an image.

Entering into Imago Divina

This is a way of praying that starts with our silence. We often make the mistake of thinking prayer is only about what we say to God when it is actually a two way street. God wants to speak to us. Don't worry about what to say or if this process of silent listening feels strange and new. God is with us and is patient with us. God is near, waiting to speak to you.

Make sure you are sitting comfortably.

Breathe slowly and deeply.

Ask God to speak to you through the passage that you are about to read.

Draw

Write this week's stage of grief on a piece of paper. Draw a shape around it or just start to doodle, adding colors as you like.

Ponder

As you consider this week's stage of grief, begin to add additional words or doodles around your central word. Give yourself permission to put any words, thoughts, descriptions, or color you imagine onto the paper without judgment.

Pray

Turn your picture over and sit in silence for a few moments. Now turn the image back over and consider the holy picture you have created. As you consider it, look for God's presence in your image. When you finish considering your drawing, sit in silence and pray for the grace of the Spirit to plant this story and God's presence in it in your heart today.

Source material: <https://prayingincolor.com/>