

## Day Three: Visio Divina (Divine Seeing)

The practice of Visio Divina, Divine Seeing, is similar in practice to Lectio Divina, however instead of reading Scripture, we watch for God to speak to us through an image.

As we journey through the valley of grief, each week's image will have some relationship to one of the stages of grief: denial, anger, bargaining, depression, and acceptance. Watch with God for how God may be revealing God's self to you and your grief in the image.

### Entering into Visio 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.*

### Look

Begin by exploring the image slowly with your eyes, taking note of the first detail that stands out to you. Stay with that detail and linger on it for a time.

### Ponder

As you consider the first detail which caught your eye, invite God to speak to you, then listen in silence. Take notes or even doodle images as you listen.

### Pray

Allow your focus to widen and return to the full image. What other aspects of it do you notice? What feeling does the whole image elicit? What stories does it bring to mind? Close your eyes and sit in silence as you pray for the grace of the Spirit to plant this image and God's presence in your heart today.

*Source material: <https://episcopalct.blog/2020/12/18/visio-divina-divine-seeing/>*