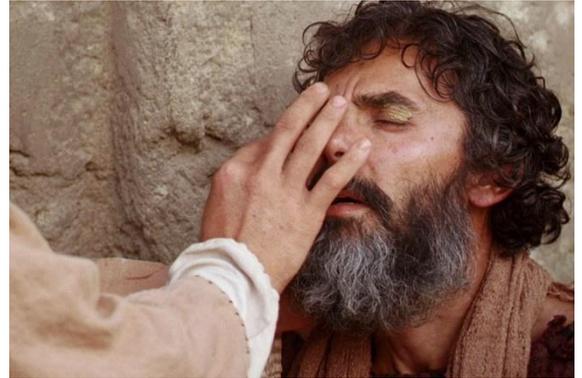


Lenten Day of Prayer – Franciscan Retreats and Spirituality Center, Prior Lake, Minnesota
March 19, 2020 – Guided Meditation, “Visio Divina”: *The Man Born Blind*

Lectio Divina (“divine reading”) is a method of praying with scripture. *Visio Divina* (“divine seeing”) is a method of praying with images, such as icons, stained glass windows, religious art, scenes in nature, or other objects of devotion. *Visio Divina* invites us to see everything contemplatively, to explore deeply the entirety of an image, beyond initial impressions, ideas, judgments, or understandings. It invites us to **be** seen, addressed, surprised, and transformed by God who speaks to us through the image.



Begin by opening your heart and mind to God. Spend as much time as you like with each step.

Visio (Seeing): Slowly look at and notice the image, taking time to let feelings and thoughts rise as you take in forms, figures, colors, lines, textures, and shapes. What does it look like, or remind you of? What do you find yourself drawn to? What do you like and not like? What are your initial thoughts? What feelings are evoked? Notice these responses without judgment. Regardless of your first impression, acknowledge that this is your initial response and continue to stay open to the image and the process.

Meditatio (Meditation): Return to the image with an open heart and mind. Ponder your initial thoughts as to what the image means, either to you, or in general. What details do you see more clearly—forms, figures, colors, lines, textures, shapes? What’s evident? What’s hidden? Be aware of any assumptions or expectations that you bring to the image. Try to understand the reason for your responses and what they might mean for you.

Oratio (Prayer): Begin to settle into a time of prayer, of communication with God. Is God speaking to you through this image? Be aware of any feelings, thoughts, and meanings evoked by the image and how they might be connected to values, events, or persons in your life. Bring to mind any insights you want to remember, actions you are invited to take, wisdom you hope to embody, or any feelings or thoughts you wish to express. Take time to respond to God through prayer, noting what you are experiencing at the moment.

Contemplatio (Contemplation): Allow the image to settle into your heart; rest in God’s grace and love.