



# Spiritual Exercises of dailyPAX

## Visio Divina – Sacred Seeing

Visio Divina is an adaptation of the ancient monastic practice of *Lectio Divina*.

In *Lectio Divina*, Scriptures are slowly *read, reflected upon, responded to* and finally *rested with*. It is a way of reading the Holy Scripture and listening to God with the ear of your heart.

Visio Divina is the practice of divine seeing. Instead of Scripture, nature is used as the “text.” It is a new way of being visually attentive; to “seeing” God in creation. It is a practice of seeing the world with the eye of one’s heart.

### Materials Needed:

- Bible
- Journal
- Writing utensils of your choice
- Art or crafting materials (optional)
- Kitchen Timer, something other than your cell phone

A timer is only needed if you are constrained by time. If time is not an issue – enter the exercise and conclude as you feel led.

### Location

Visio Divina can be worked anywhere. A remote, natural location is preferred, but your own backyard will suffice as well. The most important part is to select a location where you will not be disturbed.

### A Word before You Begin

The exercise is on the next page. This is done intentionally so that you will not read ahead and anticipate your response.

It is natural for our minds to move into the exercise as we read through it, but our minds will naturally begin working on the exercise also. Print the exercise out and place it someplace safe. Wait until you’ve set the time aside to actually enter into the exercise.

Once you are at your location and ready to enter the exercises, take a few minutes to quiet all distractions, and start your timer for a full hour.

You’ve made time for internal work, make the best of this time.

For the invisible things of God since the creation of the world  
are made visible through images. - St. John of Damascus, *On Holy Images*

All images and sensations say, in the last resort,  
'It is not I. I am only a reminder. Look! Look! What do I remind you of?'  
C.S. Lewis, *Surprised by Joy*

## Visio Divina – Divine Seeing

As you this “Visio Divina,” give yourself time to settle into the silence, relish the solitude. Notice your breathing. Be still. Acknowledge that you have made time for yourself to be attentive to God through creation and that you are seeking Him. Take in a few deep breaths, and pray, asking God for direction.

There are 4 stages to Visio Divina:

**Seeing | Reflecting | Responding | Resting**

### **Seeing –**

Be still and notice the environment around you. Take your time. Look and “see” making note of forms, figures, colors, lines, symmetry, textures, shapes, or movement. What are you drawn to? Let your “seeing” rest on the thing that draws you in. Release any thoughts or expectations, just “see.”

### **Reflecting –**

Stay with the thing that has attracted you. What is it about this thing that has captured you? What does it remind you of? Does it convey any of God’s attributes? Echo something in your life? How does it touch your life? Your journey? Stay with this “seeing” and take it into your world. What is God trying to say to you?

### **Responding –**

Open yourself up to what the “seeing” might reveal to you. What is God saying? What emotions are you feeling in response to what you have “seen”? Does the “seeing” remind you of something you already know? Does it call you to some action? How does the item that attracted you, change you or your thoughts? Does it? Maybe it brings you peace? Maybe it makes you uncomfortable? Take time to respond to God in the vision He has shared with you through this item.

### **Resting –**

Finally, be still and let the message of what you have seen, sink into you. Journal or create an image of the insights you want to remember, actions you have been invited to take, wisdom you wish to embody, or any feelings or thought you wish to express.

Bring your time to a close with a prayer, thanking God for what He has shown you. You may take your time of reflection further, by considering the “Questions for Further Reflection” on the next page.

# Visio Divina

## Questions for Further Reflection

1. What was the thing that attracted your focus?
2. Why do you think it attracted you?
3. What emotions were brought up?
4. What do you think God is showing you?
5. Is there a specific action you feel led to take in response? What will be your next step?

**Creative Meditation:** Thinking on these things, take time to journal, or creating something visual. Create something that allows you to capture what you have learned in response to this exercise. We are made in God's image, and we are creative by our very nature. Don't let the fear of being "artistic" hinder your creativity. Allow yourself the freedom to enter this additional time with the exercise.