

# Visio Divinia/The Prodigal Son

Visio Divina — “sacred seeing” — is a form of prayer in which we allow our eyes, hearts and imaginations to enter into a time of silence and reflection to see what God might have to say to us as we look at an image.

## Process:

### 1. Focus:

Take the image and do your best to focus all your attention on it. What are you drawn to in this image? For a minute or two simply keep your attention on the part of the image that captures your attention.

### 2. Reflect

- What emotion(s) does this image evoke in you?
- What does the image stir up in you, bring forth in you?
- What do you sense God is saying to you through this image?

### 3. Respond

- Enter into prayer with God about what you sense God is saying to you through this image. This could be a prayer of thanksgiving, confession, intercession, or all of the above.

### 4. Rest

- Allow yourself to sit in silence and rest into the presence of God.

