

VISIO DIVINA

Do you feel called by religious art and want to let God transform your gaze? Visio divina, a form of guided meditation, could be just what you're looking for. It's a process that usually takes place in small groups, combining observation, silent meditation and sharing.

When we read the Scriptures, we see that vision is a way often used by God to communicate with human beings. Think, for example, of the prophet Ezekiel's vision of the dry bones (37:1-14), or the apostle Peter's dream on a rooftop before his encounter with the Roman centurion Cornelius (Acts 10:9-16). We can deduce from these texts that image and prayer are closely linked. And this is what we want to exploit in a Visio divina activity.

Visio divina is practiced in a variety of ways, but we advocate guided meditation: for this reason, questions are proposed to guide reflection.

Another feature of this approach is to associate a biblical text with the chosen image whenever possible. As in Lectio divina, the text can be read several times, but it's important to give priority to the image.

Developed by the Société expo-bible du Québec (SEBQ) in partnership with the Office de catéchèse du Québec, Visio divina is a monthly activity that can be enjoyed online or in small groups, drawing on material available on the SEBQ website. Full details are available at this address (see below).

<http://www.interbible.org/sebq/en/visio/index.html>

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