



PRACTICE #1 – WORSHIP

VISIO DIVINA

ALL BEAUTY IS OF GOD AND FROM GOD. VISIO DIVINA IS THE PRACTICE OF ALLOWING THE BEAUTY OF THE CREATED WORLD TO LEAD YOU IN PRAISE AND THANKSGIVING TO GOD.

Steps:

1. Find something beautiful to reflect on. It may be a work of art - architecture, painting, sculpture, music etc. - or something in nature - a landscape, scenery on a walking trail, fauna or flora etc.
2. Close your eyes, take a couple of deep breaths and pray: God, may I encounter you in your beauty today.
3. Take a couple of minutes to observe the beautiful object you've selected. Allow yourself to enjoy it simply because it is beautiful.
4. Thank God for this beauty. This world need not have been beautiful, there is no logical reason that it is; it is a pure gift from God. Allow your thoughts to wander to God. Remain in silence, talk to God, praise Him, whatever seems most fitting.

After each time practicing Visio Divina, reflect:

What happened; what feelings or thoughts did I experience? Peace, hope, joy, God's presence, silence, absence or none of the above.

1st Occasion:

2nd Occasion:

3rd Occasion:

4th Occasion:

At the conclusion of the fortnight, reflect:

Think about the experience of Visio Divina; what happened in your mind and body as you practiced it.

How did Visio Divina help direct my thoughts and feelings toward God?

What did I enjoy about Visio Divina? What does this reveal about who I am and how I relate to God?

This might reveal your gifting and how God has made you to bless the church and the world.

What did I dislike about Visio Divina? What does this reveal about who I am?

It may be an area of growth to discuss with a trusted friend and pray about – God may be inviting you to greater intimacy and wholeness.

God is always with you. What was it like to experience him in Visio Divina?

Remember: our experience of God isn't always via our feelings. Sometimes it is in our minds or even our very spirits, and there is an absence of feeling