



The Return of the Prodigal Son - Rembrandt (1669)

Visio Divina

Visio Divina (Latin for “Divine Seeing”) is a way to prayerfully encounter God through images—art, nature, or sacred symbols.

Step 1 | Prepare - Find a quiet space. Gaze at a sacred image or piece of art. Breathe deeply and invite the Holy Spirit to speak.

Step 2 | Encounter - What do you see? Let your eyes rest gently on the image. Notice colors, shapes, faces, gestures. What draws your attention?

Step 3 | Reflect - What emotion or thought rises in you? How does this image connect to your life, faith, or Scripture?

Step 4 | Respond - Talk with God about what stirred your heart. Is there a prayer, praise, or question you want to offer?

Step 5 | Rest - Close your eyes and rest in God's presence. No words—just be with Him.