

Visio Divina Steps Holy Seeing

- 1. Read: Slowly and contemplatively read one of the crucifixion accounts (Matthew 27:27-44, Mark 15:16-32, Luke 23:26-43, John 19:16-2). Be still. Settle into a posture of prayer – of listening for God.*
- 2. Look at an image of the Passion of Christ. (See front cover and images on the following pages or do an internet search.) What catches your eye? What is your sense of the whole image?*
- 3. What does this image stir within you? What questions does it raise within you? If you were in the image, where would you place yourself?*
- 4. Allow your reflections to take the form of a prayer within you.*
- 5. Is the Spirit putting something on your heart to do? Is your prayer prompting you to an action?*
- 6. Give thanks to God for the sacrificial love of Jesus and the mystery of our faith.*