



PRAYER

PRAISE | LISTEN | ASK
TALK WITH GOD

VISIO DIVINA: BULWARK

Divine Seeing with Children

by Shannon Sigler

Visio Divina is a practice that is derived from Lectio Divina (literally, “Divine Reading”), which is the close, prayerful reading of the Bible. Instead, Visio Divina uses pictures. Visio simply means “seeing” and Divina means “divine” or “inspired.” Visio Divina is about looking at a picture or artwork and asking God to show us things through His divine Holy Spirit.

Questions for parents or leaders to ask children before you begin

- Have you ever felt God close to you when you look at something beautiful?
- Why do you think some books have pictures?
- Do you think God can speak to you when you look at a picture?
- Would you like to look at a picture and ask God to speak to you?

Practice Visio Divina Together

Our image for “Prayer” is entitled “Bulwark,” and was created by artist Jamin Still (next page). Settle into a quiet space where you and your child(ren) can see the image easily.

Pray together: *Holy Spirit, we invite you to help us to look at this picture. Show us more about you. Show us more about ourselves. What do you want to show us in this picture?*

Read these prompts aloud, pausing for 15-20 seconds in between prompts for silent reflection.*

**For young children, it may be best to discuss each question one at a time, and not wait until all of the questions have been asked.*

- Are you comfortable? Try to get comfortable as you look at the picture.
- What do you think is happening in the picture? What do you think the colored threads are doing?
- If you could jump inside this picture, where would you want to be?
- How does this picture make you feel? Are you happy, sad, curious, worried, surprised?
- Do you see God in this picture? If you don’t see God, do you feel God in this picture?
- How do you think this picture might remind us of prayer? What makes you say this?

Pray together: *Thank you, God, for being with us as we look at this picture. Please continue to show us yourself as we talk together about this picture.*

Spend some time talking together about the questions above, or anything else your child may have experienced while looking at the picture.



Bulwark by Jamin Still, used by permission