



VISIO DIVINA

Desire: *to worship God in the beauty of His creation*

Definition: *In the practice of visio divina we intentionally seek God by praying in His created nature*

Scripture: *"Since the creation of the world God's invisible qualities-his eternal power and divine nature-have been clearly seen, being understood from what has been made, so that men are without excuse." (Romans 1:20)*

God-given fruit:

- *gratitude*
- *ability to receive what the seasons of life give us*
- *holy imagination*
- *growing appreciation for the beauty of the earth and the glory of the skies*

Reflection Questions:

1. *Where and when is it easiest for you to pray?*
2. *What part of God's creation inspires you to pray the most?*

Spiritual Exercises:

1. *Open your heart to how God speaks through nature. If a sunset, a view, a season change grabs your attention, stop and invite the Holy Spirit into your life at that moment to speak to you.*
2. *Choose a spot in Nature and sit before God's creation and enter into a time of Prayer and reflection. Share your experience of prayer with a friend.*