

Visio/Lectio Divina ACTIVITY

Visio Divina, or sacred seeing, involves the use of creation itself (nothing like the real thing!) as well as photos, images, and other artistic media to draw the viewer deeper into the mystery of faith and, ultimately, into God's loving presence. So that the images both challenge and connect with your viewers, consider choosing from a variety of media and motifs, from classical artistic renditions of scripture passages to modern portrayals of the sacred in the secular. Remember: God's creation is your portfolio!

When considering *Visio Divina* with respect to the *Eucharist*, keep in mind that the Eucharist is a multifaceted reality. As such, there are many potential themes you could choose to visualize (i.e., thanksgiving, communion, fellowship, service, sacrament, worship, sacrifice, nourishment, etc.)

Visio Divina is often paired with *Lectio Divina*, or sacred reading, which includes the prayerful recitation of a biblical text, typically done with multiple readings. Used together, *Lectio* and *Visio Divina* can be a very effective way to present biblical or doctrinal wisdom as people learn and absorb information differently. Some learners are more visual than others; some, more auidial or kinesthetic. In the latter case, using an unconsecrated host or a chalice that participants could touch would be helpful.

Below are some Eucharist-based themes and passages to consider within a *Lectio* and *Visio Divina* context. Read each passage and write some thoughts.



“Road to Emmaus:” *Accompaniment, Communion, Sacrament* (Lk 24:13–35)

Thanksgiving (Ps 103: 1–4, 1 Thess 5:16–18)



Nourishment (Jn 6:1–15) *Sacrament, Bread of Life* (vv. 25–59)

Service/Charity—Holy Thursday Gospel (Jn 13:1–17)

