



Retreat-In-Place: Unwind from Anxiety and Re-Center on Christ

◆ Visio Divina ◆ (15-30 minutes)

You're invited to engage in the reflective practice of *Visio Divina*, which is Latin for "Divine Seeing."

Visit the Eden Spiritual Care Retreat-In-Place *Visio Divina* Pinterest page [here](#), and quickly glance through all the images to find one that stands out to you. Don't overanalyze why a particular piece stands out, just go with it. You can click on an individual image to see it larger, but try not to get distracted—Pinterest is a great tool for collecting and presenting these images for you, but it also contains links that could take you down an unhelpful path out of your retreat mode!



Spend some time in *Visio Divina* with the piece you selected, using these steps:

- Pay attention to what you notice first. Don't work to determine why that part caught your attention, just let yourself take in that specific part, focusing on it as you breathe deeply, for about 1 minute.
- Turn your attention to the whole piece. What else do you notice about the subject matter? About the way it is presented (e.g., colors, shadows, etc.). Take about 1 minute gazing at the whole piece.

- Reflect on the following questions, either journaling your responses or simply holding them in your mind:
 - What emotions does this image stir up in you?
 - What questions does this image stir up in you?
 - Does this image lead you into an attitude of prayer? Are there words with your prayer, or is it a wordless prayer?
 - Does God invite you to respond in some other way?
- Respond and Receive. Carry the details of the image with you in the way you might carry a word from scripture that stands out to you. You may find that God is inviting you to pray as the appropriate response to what God has shown you. Maybe there is an action for you to take. What is God's invitation? Receive what God has shown you and rest in a posture of obedience and love.