TEACHING METHODS
Visio Divina

MATERIALS NEEDED FOR IN-PERSON TEACHING:

- IMAGE
- LAPTOP & PROJECTOR
- LINED & UNLINED PAPER
- PEN, PENCIL & COLOR MARKERS

MATERIALS NEEDED FOR VIRTUAL TEACHING:

- DIGITAL IMAGE
- LINED & UNLINED PAPER
- PEN, PENCIL & COLOR PENCILS

EMPOWERING LEARNING:

- THROUGH MEDITATIVE MOMENTS
- MAKING SPACE FOR YOU AND THE DIVINE WITHIN
- BY ENCOURAGING DISCERNMENT, FOCUSING ON WHAT REALLY MATTERS

Daphne M.Div./MACE Student
Richmond Campus
Teaching Ministry '21

DESCRIPTION

Visio Divina is Latin for divine vision. It uses visual cues invoke a deep sense of meaning and connection with something greater than ourselves. One sees beyond the brain's interpretation of the images coming through physical eyes. It is the embodiment of the adage "the eyes are the window to the soul"

INSTRUCTIONS FOR IN-PERSON TEACHING

*Prepare for this intimate time by reading your favorite scripture, sitting quietly and clearing your mind of all the distractions, focus only on your breathing *Select an image - religious, nature, abstract * Gaze at whatever part of that image stands out to you * Close your eyes and "see" that section of the image that stood out to you * Give yourself permission to "sit" with the image for a minute or two * Open your eyes. What is God saying, showing you? * Pray for clarity around that piece of the image or whatever comes into your spirit. What emotions are coming up for you? Ask for guidance. Talk with God while looking at the image. * Write notes or draw your thoughts and feelings. Thank God for blessing this sacred time.

INSTRUCTIONS FOR VIRTUAL TEACHING

Follow instructions for In-Person except students are encouraged to sit in a quiet space with mics off/muted and they can talk out loud during the conversation phase.

IDEAS FOR USING THIS METHOD

- Use this with new seminarians in introduction to praise and worship
- Introductory session for guided bible study
- Since the images do not need to be religious, this can be used in small groups at all types of conferences to provide centering moments

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