**A guide for teachers**

Visio Divina can be split into four or five stages:

**Read** (Lectio); **Meditate** (Meditatio); **Pray** (Oratio); **Contemplate** (Contemplatio); **Act** (Actio)

* **Begin** by choosing an artwork. This could be an artwork depicting a scene from the Old or New Testament. It could be traditional, contemporary or abstract. Choose one that your pupils will connect with.
* **Pray for the Holy Spirit** to be with you at this time. E.g., ‘Come Holy Spirit, fill our hearts with your love, and be with us as we pray together.’ Then let the pupils settle into a comfortable, silent time**.**
* **Look:** Show the pupils the artwork. Encourage them to look across the image as a whole, and then get them to focus on details. ‘Who or what can you see? What is happening? Do you recognise any of the people, or the place? What is the main focus of the image? What is happening in the background, or to the side?’ Let the pupils take a minute in silence, taking in the artwork. Then maybe ask them to talk very quietly to a partner about what they see.
* **Meditation:** Ask pupils to reflect on how the image speaks to them. What feelings does it bring about? What does it reveal about God? Or your own faith journey?
* **Pray:** Offer a personal prayer based on your reflections, asking for guidance or expressing gratitude.
* **Contemplation:** This a chance to return to silence; and to continue to reflect on the image. Give pupils a chance to sit quietly ‘resting in God’s love’.
* You may wish to add a formal, well-known prayer, that all can join in with.
* **Actio**: A chance to reflect on what the image has encouraged pupils to do.

Each opportunity can vary, and teachers should be encouraged to adapt the resource to their needs and the needs of the pupil group.

**What is Visio Divina?**

A variation of Lectio Divina – Visio Divina is ‘Divine Seeing’. The process is similar, but this time the prompt is a religious image.

It can help pupils to use their imagination in a time of reflection or silent meditation. It can help them to prompt each other in their responses.

Prayer: Visio Divina