



## Imago Divina or “Divine Images”

### **Reading (*lectio*)**

“Read” the image SLOWLY  
Look at all of the details

Trust the Holy Spirit to help you

Let the image touch you  
and move into your inner being  
like rain soaking into the soil.



### **Reflecting (*meditatio*)**

Reflect on the part that touched you  
and what it means, here and now.

Let the image resonate with your  
personal situation.

Believe God is communicating with  
you - encouraging, challenging or  
calling you to a deeper awareness  
of God’s love for you.



### **Responding (*oratio*)**

Respond and talk to God about what you're thinking and what you noticed.

You may pray, write in a journal, even sing, dance or paint a response.

Pray as God's Spirit moves you.



### **Resting (*contemplatio*)**

*Most important stage.*

Sit quietly with God at rest.

Do not worry if it seems like you are doing "nothing."

Trust that the Holy Spirit is at work in the depths of your spirit.

Let the image and its message move from your head to your heart in peaceful silence.