

Visio Divina

Start by reading the stunning Psalm 104.

Next, find a place outside where something in nature catches your attention. Take several deep breaths of autumn air and pray:

Awaken my senses to you, Lord.

Clear all distractions that rob me of presence.

Remind me that you are the creator and sustainer of all things.

And may my heart be filled with wonder.

Amen.

Movement #1

For about a minute, fix your gaze on the object that caught your attention—perhaps it's a leaf on a tree, a place of light on the water, or something in the sky.

- What colors, shapes, or textures do you see? What do you smell as you breathe deeply? What do you hear around you as you stand still and simply listen?
- What emotions are stirred in you as you gaze at that object and notice its color, texture, and shape?

Movement #2

Now allow your eyes to take in everything surrounding the one object you had been focused on, noticing how that object fits into or compares to the whole. Reflect on the whole for a minute or two.

- What is wondrous about what you see?
- What does focusing on that object and all that surrounds it lead you to pray? What do you want to say to God, the Creator?

A Prayer to Close

I will sing to you, Lord, as long as I live.

I will praise you to my last breath!

May all my thoughts be pleasing to you,
for I rejoice in you, Lord, the Creator.

--from Psalm 104