

NAME _____

Class Day and Time _____

Grade _____

December 2017

Sun	Mon	Tue	Wed	Thu	---	---
					1	2
3	4	5	6	7	8	9
	~START DAYS~					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31		Turn In January 8-10, 2018				

Visio Divina

The practice of praying through visual imagery. Choose a religious image for this type of prayer. It can be in a book, an icon, a statue, a poster, stained glass window, etc.

Quiet yourself and breathe deeply.

Look at the image closely and notice all of the details. What pops out to you? What does it make you think of or feel or remember?

Think about and Listen for what God is saying to you as you look at this image. Is there something he wants you to do? Is there something you should thank him for or is there someone you need to say "I am sorry" to? Is there something about this picture that makes your heart happy and want to sing?

Promise to respond to whatever God said to you in this time of prayer. You can even journal about your thoughts.

