



Behold^{*}

Insight is a Social and Emotional Learning professional development program designed by Aquinas College in Nashville, Tennessee and the Institute for the Transformation of Catholic Education at The Catholic University of America. Behold Visio Divina LLC was contracted to create this supplemental Prayer Companion for *Insight*.

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The Steps of Visio Divina

VISIO

This time is spent gazing upon an image, trusting that God will use it to speak to your heart. This is the time to be aware of what is striking you most about the image. In this step, we do not just look upon the image, but are in a dialogue with God in regard to what is going on in our hearts.

MEDITATIO (MEDITATION)

The meditative stage is reflecting on the meaning of the image. After being open and receptive in the Visio stage, you let the image stir some questions in your heart. At this stage in Visio Divina, a Scripture passage will be read aloud to cultivate a deeper understanding of the image, and time will be given to journal and pray on reflection questions.

ORATIO (PRAYER)

This is a response to God's word in the experience of sacred art. Depending on what you have experienced in Scripture and the image, your prayer may be sorrow, adoration, or joy. At this stage, a vocal prayer will be said aloud, with some more quiet time for you to pray from the experience of your heart in Visio.

CONTEMPLATIO (CONTEMPLATION)

This is simply resting in God and is a time of divine intimacy. At this stage, you are drawn into relationship, a loving encounter with God.

OPERATIO (ACTION)

This stage is the one in which you ask yourself and God how to apply what you have received in prayer into your own life. You ask, "How will I live this out?"

While this is the usual order of the steps of Visio Divina, know that it is a process of openness to whatever the Holy Spirit leads you to. Do not be concerned if you do not follow this layout exactly. These steps are simply an outline to guide you to conversation with God.



LESSONS



Opening Prayer

Come Holy Spirit,
fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created,
and You shall renew the face of the earth.

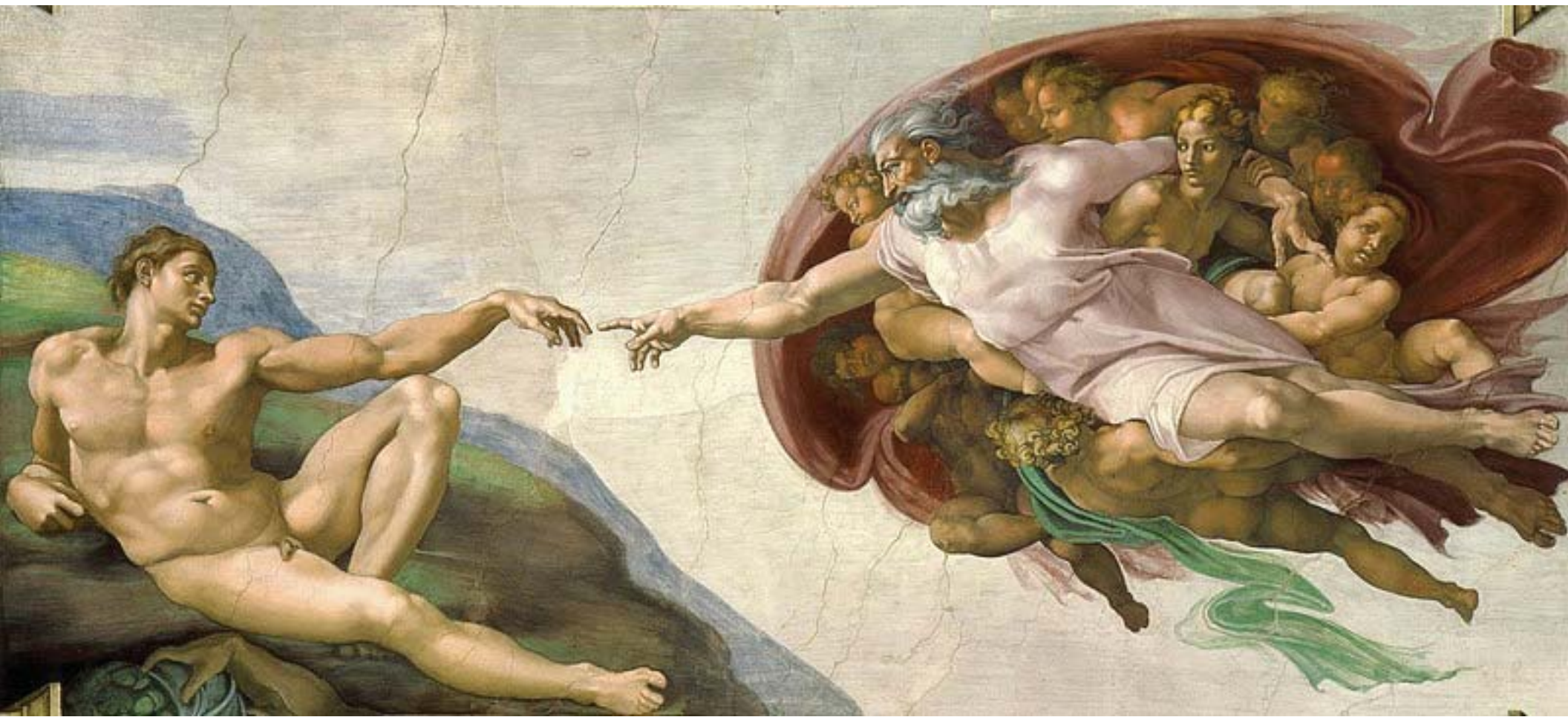
O God,
who by the light of the Holy Spirit,
did instruct the hearts of the faithful,
grant that, by the same Holy Spirit,
we may be truly wise
and ever enjoy His consolations,
through Christ Our Lord.
Amen.

INTRODUCTION TO INSIGHT



LESSON 1:

SEEING AS GOD SEES



LESSON 2:

UNDERSTANDING EMOTIONS



LESSON 3:

PEERING THROUGH THE FOG



LESSON 4:

SEEING THINGS THROUGH



LESSON 5:

THE EYE OF THE STORM



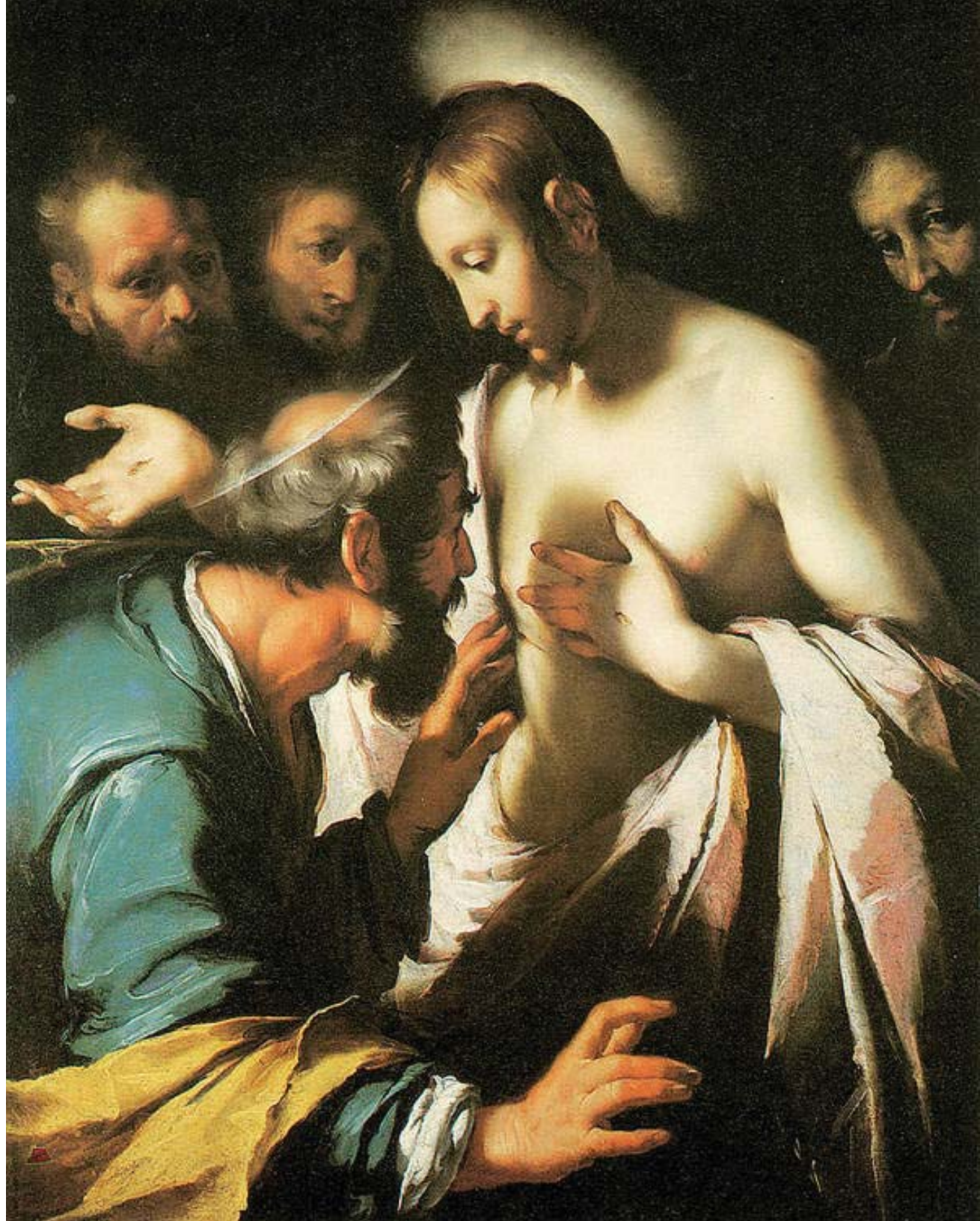
LESSON 6:

HINDSIGHT IS 20/20



LESSON 7:

SEEING RED



LESSON 8:

LOOKING FOR THE GOOD

... IN EVERYONE



LESSON 9:

*OPENING THE EYES OF
THE HEART*



LESSON 10:

SEEING FACE TO FACE



Images Cited

In Order of Appearance

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