

# Visio Divina Our Journey Reflection

Companion to accompany *Our Journey* video

**We invite you** to set aside 10 to 15 minutes in the coming week to sit in quiet reflection as part of your ongoing Lenten Journey. This could be a daily practice or a single session – be gentle with yourself, while also honoring the season of introspection we are living in. You may want to place a candle on a table next to a comfortable chair – perhaps near a window. A journal with pen or colored pencils are helpful, as is a small item to serve as a symbol of your intention this day. Settle in, get comfortable and light your candle. Notice the weight of your body relax into the seat cushion and observe the gentle rhythm of your breath. Take as much time as you need.

**Once settled, begin by viewing the Visio Divina Reflection – Our Journey.** Allow the music to become a gentle buffer between the outside world and your inner wisdom. Gaze at the images and scenes as they come into view... noticing the rhythm as each comes into your awareness. What comes to mind, what emotions or physical sensations are evoked. After viewing, write in your journal 5 - 10 minutes. If time allows, repeat this practice again – to see what emerges in this new experience of the images.

As a companion to the Visio Divina Reflection Practice, end your quiet reflection with a poem by Mary Oliver and Wendell Berry (*included in the eNewsletter*). Perhaps reading aloud if you feel comfortable. Pause a moment then allow a word, phrase or prayer to come to mind, before you blow out your candle and return to your daily activities.

***“For where your treasure is,  
there your heart will be also.”***  
— **Matthew: 6:21**

## Reflection Activities

*Set aside 20 minutes to walk in your neighborhood, engaging your senses, daily if possible.*

Notice... What do you see; what do you hear; what do you feel?

As you walk, consider it a pilgrimage journey and an opening to experience the presence of God in your life and in all of creation.

*Create your own poem in your journal.*

What phrases or images emerge in your writing

Find images, to paste in your journal, that might express what you are unable to put in words

*Journal about your own journey this Lent.*

What have you created space for these past weeks

What are you yearning to have more of in the weeks to come