



## Alexis Pottinger Fine Art

### Praying with Art: Visio Divina

Contemplative prayer is putting ourselves in God's presence and paying attention to what he wants to say to us. For each person there are different ways of entering into contemplation. Some of us find it helpful to use our gift of sight as a way into prayer.

#### Here are some examples:

Search on **YouTube** for a version of the Rosary which is accompanied by paintings of the Mysteries or Our Lady. Try this: Rosary Meditations <https://youtu.be/lbRk16ZZluY>

Listen to **podcasts** or watch **videos** which take you through meditations on particular artworks. You can find examples on the Jesuit website [www.pathwaystogod.org/resources/praying-art](http://www.pathwaystogod.org/resources/praying-art)

Choose an **artwork** that attracts or intrigues you. It does not have to be on a religious theme. Just sit with it and let your eyes wander over the image. Then become aware of the trains of thought that come into your mind. You will be able after a while to discern God's voice which comes to you as new insights. You may wish to write down what you hear.

#### Example of prayer with artwork: 'Roman Basin'

I drew this from a photo taken in Rome, initially as an exercise in tones. I am at the start of a retreat. My meditation on it is an image of the dryness I feel in prayer: apart from a few scraggly signs, it feels lifeless and loveless. Nevertheless, Christ is with me shouldering the burden of the dryness, his face a light in the darkness. It is also an empty begging bowl that I bring to him, asking him to fill it with the living water. These thoughts console me and give me expectant hope for the fruitfulness of my retreat.

