

RELIGIOUS ED

LIFE WITH CHRIST IS A WONDERFUL ADVENTURE!-POPE ST. JOHN PAUL II



Visio Divina

Many people are familiar with Lectio Divina which is a way of reading Sacred Scripture to encounter God and the message He has for each of us. Visio Divina follows the same method, but it draws from Sacred Art rather than Sacred Scripture. Both Visio Divina and Lectio Divina are meant for people of all ages!

The painting above is entitled *Let the Little Children Come to Me* by Gebhard Fugel. Spend some time praying with this painting of Jesus welcoming the little children to Him. Look at the details and how the painting tells a story. What do you notice about the expressions on the faces of each person? How does the way Jesus is sitting show He is welcoming the children who surround Him? Last, think about how the painting connects to your life and relationship with Jesus Christ.



