

Handout 3: A Guide to Individual Meditation with Seeing the Word Reflection Guides

Seeing the Word provides you with an opportunity to listen, meditate, and pray with the illuminated Word of *The Saint John's Bible*. This practice of praying with visual images is called *visio divina* or “divine seeing.” It is seeing with the eyes of faith. The format that follows is a suggested practice of prayer for using the *Reflection Guide*.

- Use the Reflection Guide over a week. Stay with it longer, if you wish. To begin, find a time of day that allows you to turn your mind and heart to God. Commit at least 20 to 30 minutes a day to *Seeing the Word*.
- Read the Scripture passage slowly each day, preferably aloud.
- Over the week, let the illuminated Word settle in, moving you from a glance to a sacred gaze on the illuminated Word. Notice what image, word, or simple phrase lingers with you.
- Allow the illuminated Word to dwell within you, in a place that is deeper than words and images.
- Dwell in that depth with God to let the illuminated Word inform, form, and transform the active parts of your life.
- Allow the revelatory text of the illuminated Word to interpret your life and then remind God of your life. Notice how they interpret one another.

Journal your words, thoughts, prayers, or images. Do not feel restricted to a pen. Consider using color markers, pencils, or paint.

Suggested individual use of time for *Seeing the Word* over a week.

This chart illustrates how one might spend time over a week doing *visio divina* with a Reflection Guide. The darker the color shade for a particular day, the more time one might spend in this aspect of *Seeing the Word*. The momentum for *visio divina* builds over a week as an individual spends more time in different aspects of *visio divina*. It offers a framework for busy people hoping to dedicate some time each day to the practice of *visio divina*.

Suggested Format for Weekly Commitment to *Seeing the Word*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Listening	Dark Gray	CELEBRATE THE LORD'S DAY					
Meditating	Dark Gray	Dark Gray	Dark Gray	Light Gray	Light Gray	Light Gray	
Seeing	Light Gray	Light Gray	Dark Gray	Light Gray	Light Gray	Light Gray	
Praying	Light Gray	Light Gray	Light Gray	Dark Gray	Light Gray	Light Gray	
Contemplating	Light Gray	Light Gray	Light Gray	Light Gray	Dark Gray	Light Gray	
Becoming Christ-like	Light Gray	Dark Gray					
	Light Gray						

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