



Visio Divina

Parable of the Sower

- Matthew 13:3-9

‘Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil.

But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!’





Visio Divina
Sacred Viewing

Engage → Senses

Mind



Heart



Icons







Centering Image









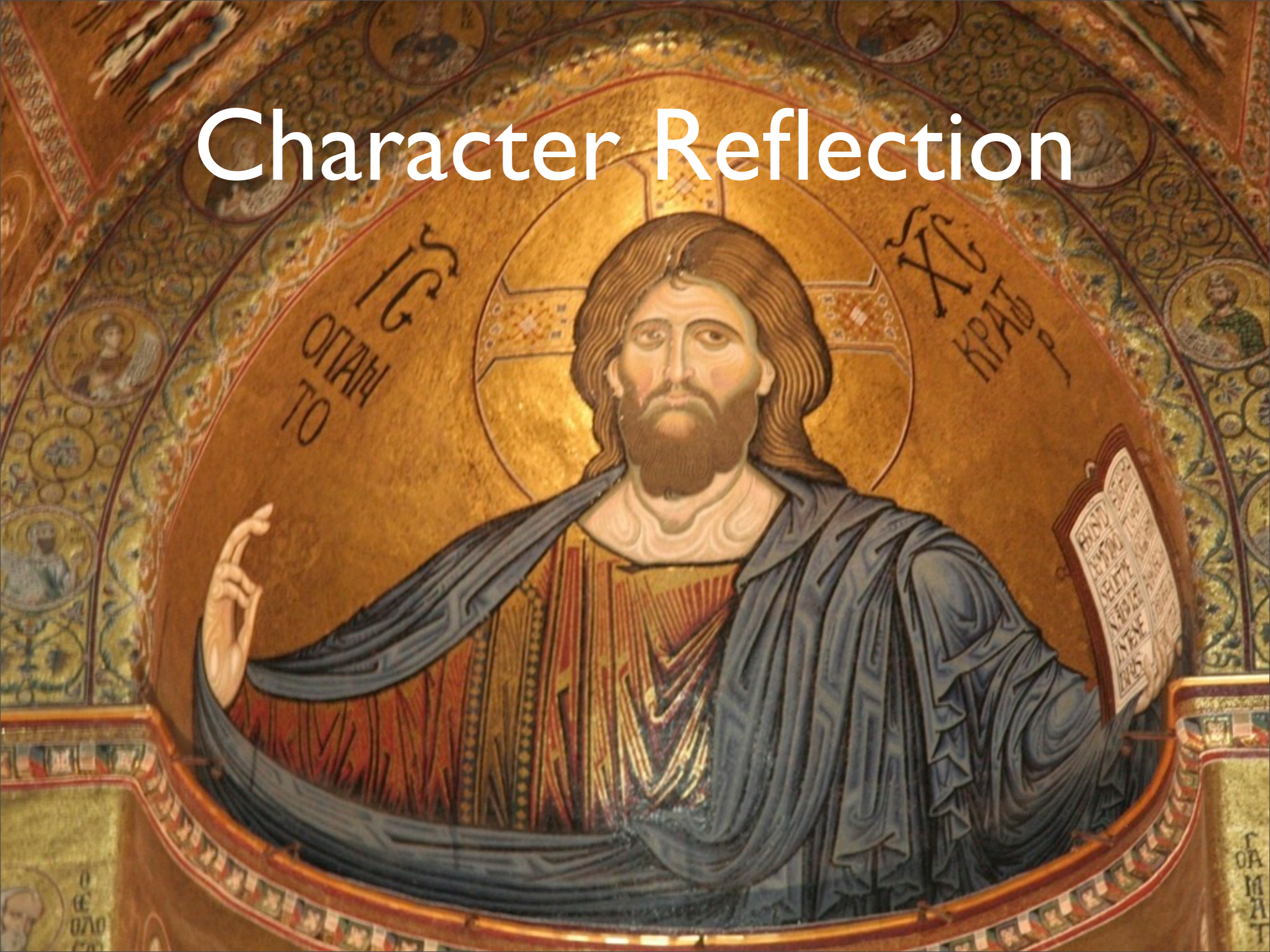
Story Representation







Character Reflection

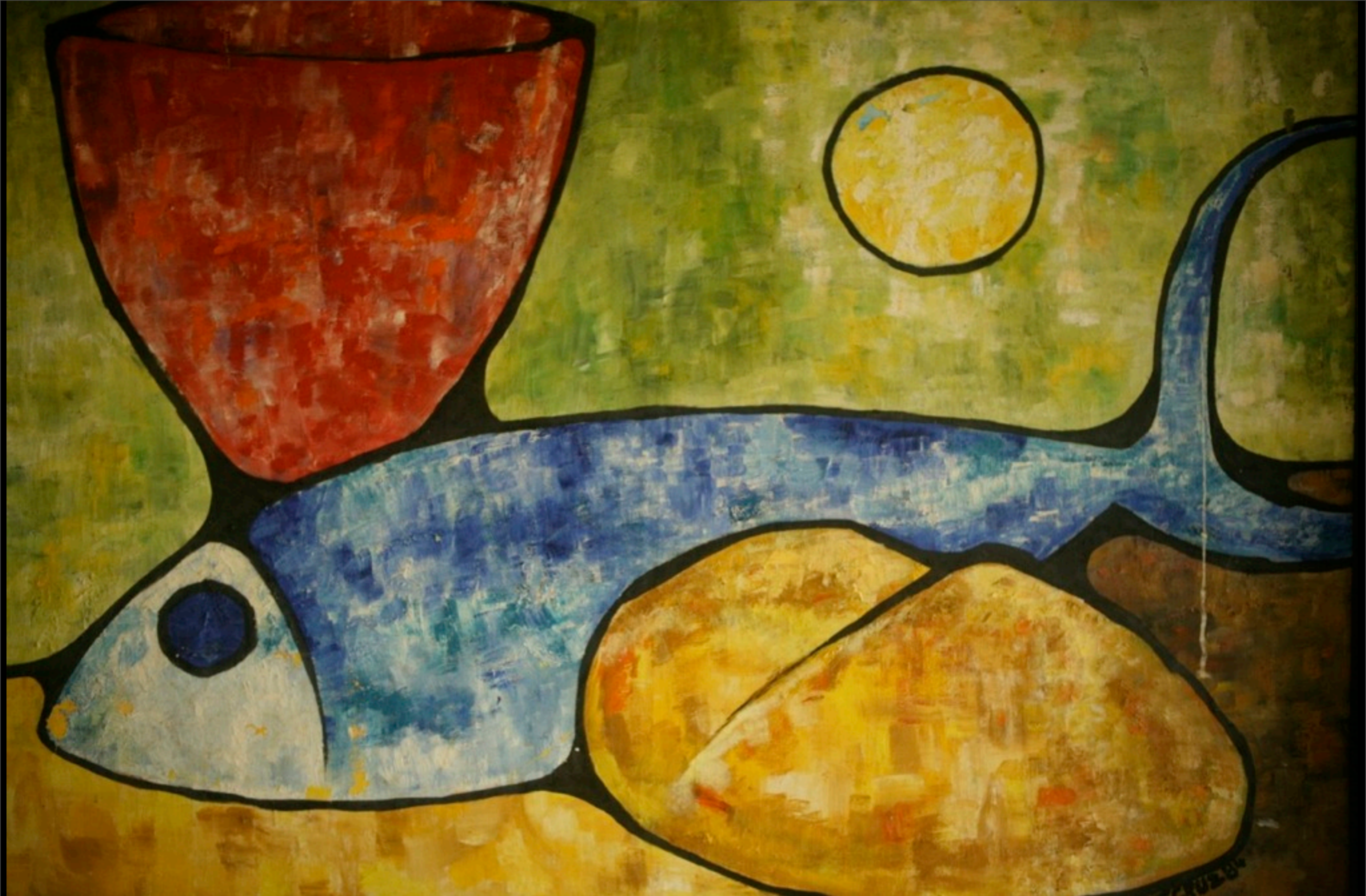




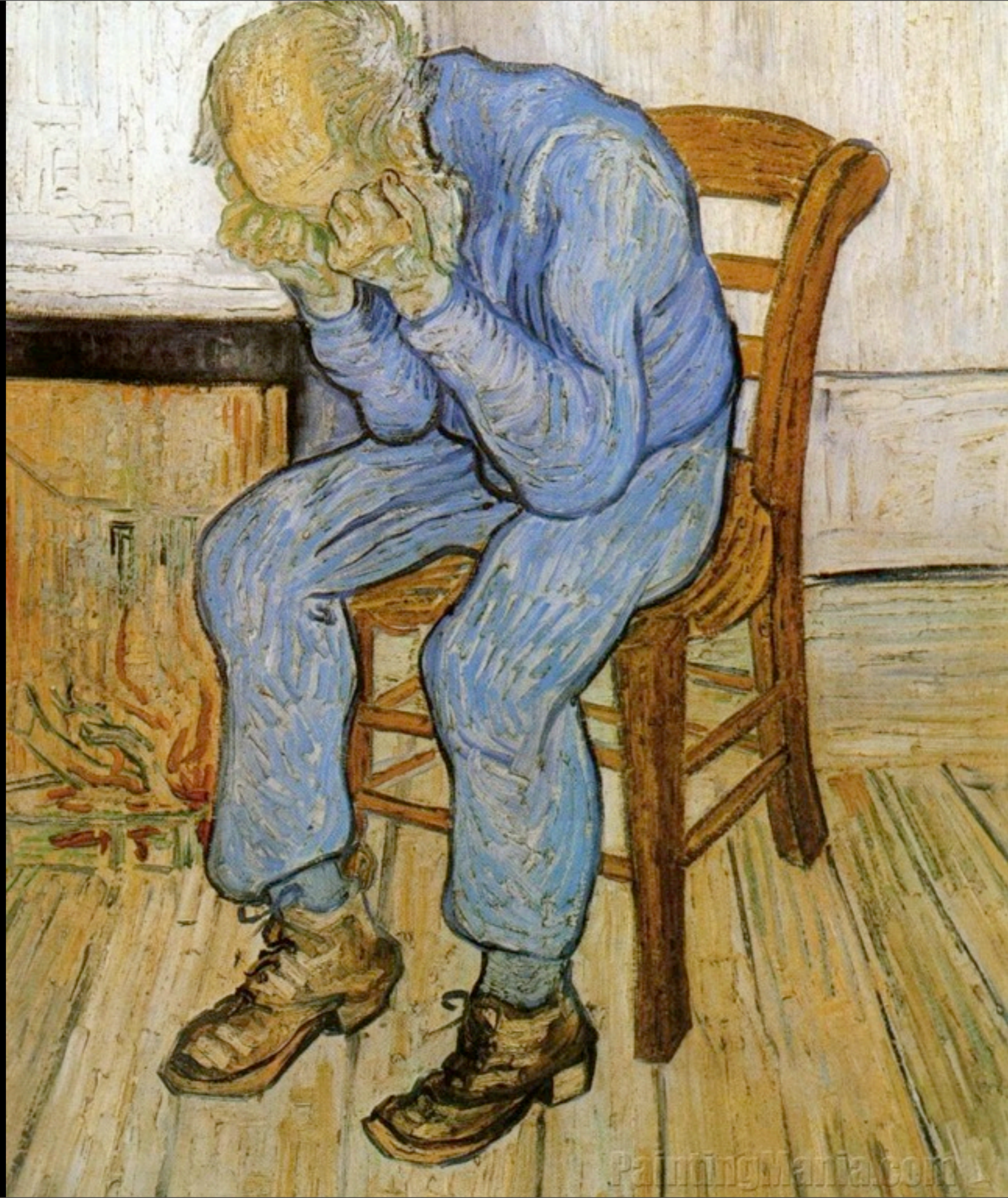
ΜΗΝ
ΑΠΡ
ΟΕΝ
ΤΟ +

ΒΙΒΛΙΑ





Emphasize Ideas



Old Man in Sorrow

(On the threshold of eternity)

“The old man is worn out, on the threshold of eternity... I have tried to express the existence of God and eternity - in the infinitely touching expression of such a little old man, of which he himself is perhaps unconscious, when he is sitting quietly in his corner by the fire.”

- Vincent van Gogh





IMAGINE

Fr. Richard Rohr -

“God calls all of us to take the demanding and liberating path of our own inner truth (John 8:31-32)—and that means taking responsibility for everything that’s in us: for what pleases us and for what we’re ashamed of, for the rich person inside us and for the poor one too. Francis of Assisi called this forgiving the leper within us and Therese of Lisieux called it “The Little Way.” It is always the way of courage and utter trust, recognizing both light and shadow within us.

If we learn to honor and claim our inner inheritance, we will grant others the same divine donation. If we learn to love the poor one within us, we’ll discover that we have room for compassion for all “outsiders” too, because we now know that we are all the same. Human solidarity now comes naturally.

Those who have enough space within them to embrace every part of their own soul can receive the fully human and fully divine Christ. And the good news is that Christ himself will lead us on this path.”









God in Creation



How can you
incorporate Visio Divina
into your life?