



# THE ROSARY IN A YEAR

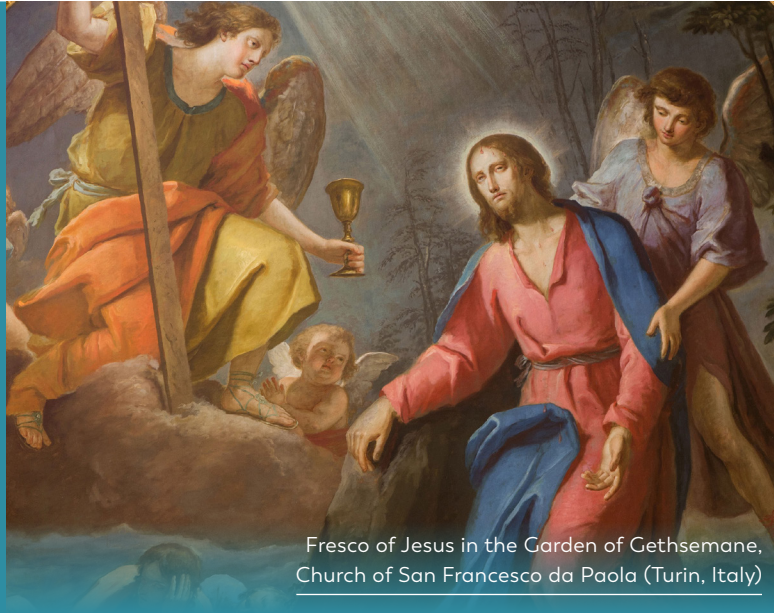
WITH FR. MARK-MARY AMES, CFR

## PHASE 3: MEDITATING ON THE MYSTERIES

### Praying with Sacred Art

#### **VISIO DIVINA:**

Go deeper into the Rosary through “divine seeing.”



Fresco of Jesus in the Garden of Gethsemane, Church of San Francesco da Paola (Turin, Italy)

**M**any Catholics are familiar with the use of Sacred Scripture in meditation, known as *lectio divina*. Similarly, sacred art can be useful as a source of inspiration in meditation through a form of prayer called *visio divina*.

*Visio divina* means “divine seeing.” It is the prayerful contemplation of a work of sacred art, using art as a visual guide to meditation. If you are a visual learner, you might find *visio divina* particularly helpful in entering deeper into the mysteries of the Rosary as you pray.

Much sacred art focuses on the events of the Gospels and the mysteries of the Rosary, and so these pieces are incredibly fruitful to meditate on by means of *visio divina*. Prayerfully observing the sacred art of the mysteries of the Rosary can give us a starting point for our meditative and imaginative prayer, allowing us to enter into a deeper experience of Jesus’ love for us.

The sacred art enables us to step into the mystery, visualizing ourselves present with Jesus in the pivotal moments of his life and ministry. Perhaps we are listening to his preaching in the Proclamation of the Kingdom, are walking with Mary during her Visitation to Elizabeth, or are standing with the apostles on the mount, witnessing Jesus’ Transfiguration.

As we familiarize ourselves with these mental images of the mysteries, built from the contemplation of sacred art in *visio divina*, we can bring these mental images to our prayer of the Rosary. Our minds will be drawn to focus on the images we have meditated with, drawing us closer to an encounter with Jesus as we pray the words of the Our Father and Hail Mary.

