

Visio Divina for Rembrandt's *"Christ in the Storm on the Sea of Galilee"*

Visio Divina is a spiritual practice that involves meditating on a picture in much the same way that Lectio Divina uses slow, deliberate scripture reading to bring the reader into the story and closer to Christ.

Art, like Rembrandt's "Christ in the Storm on the Sea of Galilee", creates a generous, neutral space for us to enter in with our cares, concerns, and experiences and engage God in a unique way. Each person's response is valid and personal. Ask God to guide and direct your thoughts as you meditate on the art.

What strikes you about the artwork? What do you notice first?
Is there a character you are particularly drawn to in the boat?

Look again, there are actually 13 people in this boat with Jesus.
Rembrandt has painted himself in the boat looking out at us.

Now place yourself in this boat.

Which disciple are you?

Are you trying to right the ship on your own?

Are you angry at Jesus? Are you alone and in despair?

Are you afraid, sick, too transfixed by the storm to move?

Now bring your own storm into the Gospel story.

What stressors, situations, and struggles are bearing down on you?

Locate Jesus in the boat.

At first it takes a bit of searching to find him in the chaos of the storm.

His placid face mirrors the glow of the clearing sky at the left.

Can you place yourself in the position of the disciple kneeling at Jesus feet trusting that Jesus, who is in the boat with you, will not fail you?

Listen to what God wants to say to you.

What is God's personal invitation to you in the midst of your storm?

Notice the symbolism in the mast of the boat, may this image go with you throughout Lent as you continue to meditate on God's words to you today.