

VISIO DIVINA MEDITATION

The Safe Embrace of the Holy Family

Sculpture: “A Quiet Moment” by Timothy Schmalz
<https://timothypaulschmalz.com>



Spend some time gazing upon the image of the Holy Family sculpture on the previous page, allowing yourself to experience the safety of their loving embrace. Reflect with the questions below. Let's start with a prayer:

Lord, thank you for being with me during this meditation time. Help me to experience Your Presence as I pray with this image. May Your truth be revealed to my heart. May I see what You want me to see and understand what You want me to understand. Thank You Jesus, Amen.

Note: [Click here to see all 5 of the steps to visio divina at our webpage.](#)

First, stand back and observe:

What is it like to witness the rightly ordered love between a good father and a good mother?

What do you notice about St. Joseph's face? his posture? What else do you notice about him?

What do you notice about Mary’s face? her posture? What else do you notice about her?

Next, place yourself in the position of the baby Jesus.
He is so delighted to share His Blessed Mother and St. Joseph with you.

Take a moment to get very comfortable. Allow your body to sink more deeply into the chair or bed or ground. Let Mary and St. Joseph support your weight and give you rest there with them. Take several long, slow breaths and savor the experience before responding to the questions below.

What is it like for you to be held in this embrace?

What, if anything, would you like to hear from Mary or from St. Joseph as you rest in their embrace?



Healing our Relationship With Self

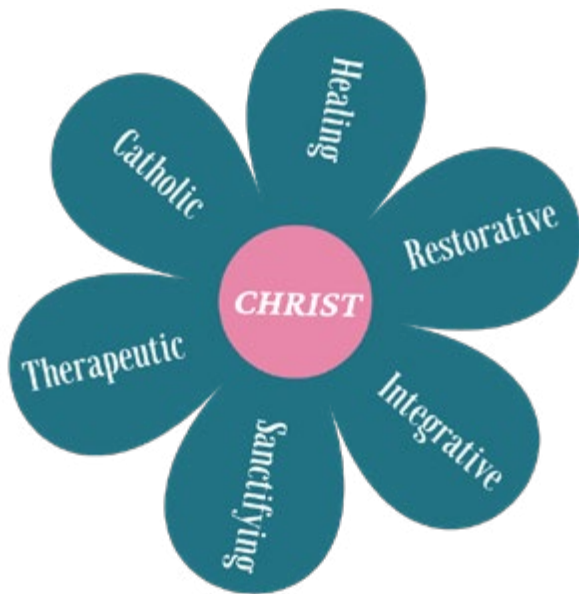


A 4-session video course that will guide you towards interior peace through the healing of self-criticism, self-shaming and other adverse patterns in your relationship with yourself.



"The root of man's joy lies in the harmony he has with himself. Only one who is at peace with himself, can be at peace in the world."

- Pope Benedict XVI



The CHRIST Program

Therapeutic skills for living a
Christ-centered life in the midst
of anxiety, trauma, and uncertainty



- six instructional videos
- full color workbook
- for men & women
- optional sessions with an inner healing coach

All battles are first won or lost in the mind.

- St. Joan of Arc