



## Verbally Guided Advent Visio Divina Reflection Questions *The Nativity of Christ* by Vladimir Borovikovsky

**Copyright:** All plans, activities, information, etc. are free; however, they are only to be used for an individual parish, classroom, and personal use. They may not be published on any websites or other electronic media, or distributed in newsletters, bulletins, or any other form or sold for profit. Reproduction or retransmission of any materials, in whole or in part, in any manner, is not permitted. Plans are located on [www.guidedchildrensadoration.com](http://www.guidedchildrensadoration.com).



Take at least 5 minutes to prayerful look at and study the painting.

- Ask Jesus to help you see what He wants you to see in the painting.
- Look closely at the details within the art.
- Look at who and what is in the painting.
- Look at colors and shapes.
- Feel free to run your finger over the image so you can notice everything.
- Imagine yourself in the scene.
- Feel the emotions from the art.
- Talk to Jesus about what you see in the painting and how it makes you feel.
- Listen. Is Jesus telling you anything?

Now let's take some time together to pray with the painting.

- Who is the focus of the painting? . . . Where do your eyes look first?
- Many of us will see Baby Jesus first along with His Mother because of the brightness of the painting surrounding them . . .
- What is this brightness like light coming from Baby Jesus?
- Jesus' holiness . . . His grace . . . His Divinity . . . showing us that He is God!
- Jesus is the Light of the World . . . showing us the Way.
- This painting helps us to see what is invisibly happening this very second as we sit before Jesus in Adoration. Jesus is shining His graces and love on us now, lighting up our soul like He is lighting up Mary in the painting.
  
- Look at Mary's face. She is looking intently at Jesus . . . her whole attention is on Him because He is so special and important.
- Can we look at Jesus in the Eucharist before us on the altar that same way . . . look at the Eucharist with our whole attention . . . letting Jesus know He is special and important to us.
  
- Do you see the cow and donkey on the left side of the painting?
- Might they be adoring Jesus . . . showing Him love and worship?
- Have you heard of animals adoring the Eucharist . . . Jesus before . . . perhaps a Eucharistic miracle where animals kneel down in worship before people even realize that the Eucharist is hidden or dropped?
  
- Can you see all the angels by Baby Jesus adoring Him? Many are in the second realm of light – a link to the glory of Heaven from which God the Father sent His Son?
- Did you realize that there are angels invisible all around us at this moment adoring and worshipping Jesus, the Eucharist, in front of us?
- Imagine that now . . . so many angels, including our guardian angels, in this chapel . . . beautiful . . . pure . . . heavenly beings kneeling in the aisles . . . kneeling in the pews . . . floating in the air all around us . . . with all their attention . . . all their thoughts . . . all their eyes on Jesus.
  
- Are there any other people in the painting?
- Can you see the two men behind Mary?
- One has his hand up, perhaps saying Whoa! Wow! Look at that!
- The other man is pointing at Baby Jesus in the light and looking at the other man making sure He is seeing this magnificent sight.

- And then there are the shepherds in the field in the background.
  - Who is with them?
  - A single angel, again in heavenly light with the shepherds kneeling in amazement.
  - What is the angel saying or, should we say, announcing?
  - The angel is announcing the birth of Jesus.
  - Can you announce to others like this angel the coming birth of Jesus on Christmas day and the second coming of Jesus at the end of time?
- 
- And then something follows the single angel that is not in the painting but written in the Bible. “And suddenly there was a multitude of the heavenly host with the angel, praising God and saying: “Glory to God in the highest and on earth peace to those on whom his favor rests.”<sup>1</sup>
  - Let us say this, too. Look at Jesus as the Eucharist in the monstrance in front of us and please repeat after me: “Glory to God in the highest / and on earth / peace to those / on whom his favor rests.”

---

<sup>1</sup> Luke 2:13-14