



my heart is  
glad, and  
my soul  
rejoices;  
my body  
rests secure.

Psalm 16:9 NRSV

Ruth Boehm

## Visio Divina – My Heart Is Glad

*Psalm 16:9*

*A squirrel rests on a branch, delighting in the day.*

Ruth Boehm, pastor and photographer, invites us to “see with our own heart” using the practice of visio divina, a personal reflective exercise with image and scripture. You may use her photos and biblical selections as your devotional guide, as an encouragement note for a friend, or as an example of a practice you might engage with your own camera and Bible.

With the image, or with a camera, come with your eyes and heart open. Rest. Explore. Perceive. Let creation and scripture encourage, inform, surprise, and inspire you.

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