**A Simple Guide to Meditating on Icons**

**What Is an Icon?**

An icon is a sacred image used in Christian tradition to draw the heart and mind toward God. Icons are not just art—they are windows into heaven, inviting us to encounter the divine.

**Preparing to Meditate**

1. **Find a Quiet Space**  
   Choose a place free from distractions. Sit comfortably and place the icon where you can see it clearly.
2. **Settle Your Heart**  
   Begin with a short prayer:  
   *“Lord, open my eyes to see You, my heart to love You, and my mind to understand Your truth.”*
3. **Be Still**  
   Take a few deep breaths. Let go of distractions. Allow yourself to be present.

**Steps for Meditating on an Icon**

**1. Gaze Gently**

Look at the icon without rushing. Let your eyes rest on the face, the hands, the colours, and symbols. Notice what draws your attention.

**2. Reflect Prayerfully**

Ask:

* What does this icon reveal about God?
* What virtues or truths are being shown?
* How is Christ, the Theotokos (Mother of God), or the saint portrayed?

Let these reflections become a silent prayer.

**3. Enter the Mystery**

Icons invite us into a spiritual reality. Imagine yourself in the scene. What is God saying to you through this image?

**4. Respond in Prayer**

Speak to God from your heart. You might say:

* *“Jesus, help me to trust You as I see something of you in this icon.”*

**Closing Your Meditation**

End with gratitude:  
*“Thank You, Lord, for this time. May Your image remain in my heart and guide me today.”*

You may wish to journal your thoughts or return to the icon later in the day.

**Tips for Growing in Faith Through Icons**

* Meditate regularly—daily if possible.
* Use icons that connect with the liturgical season or your personal journey.
* Share your experience with others in your faith community.

**“Icons are a silent preaching of the Gospel.”**  
— St. John of Damascus

For an introduction to one of the best known Icons, Jesus Christ ‘Pantocrator’, watch this video: [**https://youtu.be/zYlVakaW\_kc?feature=shared**](https://youtu.be/zYlVakaW_kc?feature=shared)