



LECTIO DIVINA

DESCRIPTION

Lectio Divina or “Divine Reading” is an ancient practice that is simply reading, meditating, praying, and resting in Scripture, guided by the Holy Spirit.

HOW TO PRACTICE

1. Ready (Silencio)

Get comfortable, steady your breathing, and begin to quiet your thoughts. Ask the Lord to meet you in this time of prayer and sit in silence for a few minutes.

2. Read (Lectio)

Slowly read the passage you have chosen
Listen for any word or phrase that catches your attention.

3. Reflect (Meditatio)

Read the passage again.
This time, spend a few minutes reflecting upon that word or phrase. Let it sink into your heart and allow God to speak to you.
Be aware of any emotions or memories that are stirred up.

4. Respond (Oratio)

Read the passage a third time.
Respond in prayer to this word or phrase.
Dialogue with God. What feelings do you have?
What do you think God is leading you to as you pray through this passage?

5. Rest (Contemplatio)

Rest in God’s presence. No words are necessary. Just be.
Taste and see the Lord’s goodness to you.