

LECTIO DIVINA

Lectio Divina, literally meaning "divine reading," is an ancient practice of praying the scriptures. During Lectio Divina, the practitioner listens to the text of the Bible with the "ear of the heart," as if he or she is in conversation with God, and God is suggesting the topics for discussion. The method of Lectio Divina includes moments of reading (*lectio*), reflecting on (*meditatio*), responding to (*oratio*) and resting in (*contemplatio*) the Word of God with the aim of nourishing and deepening one's relationship with God. Lectio Divina cultivates contemplative prayer. Lectio Divina is a participatory, active practice that uses thoughts, images and insights to enter into a conversation with God.

<https://www.contemplativeoutreach.org/lectio-divina-contemplation/>

<https://www.soulshpherd.org/search/lectio+divina/>

Lectio Divina:

Read passage three times.

Each time:

- Read passage (Lectio)
- Reflect on passage using corresponding question (Meditatio)
- Respond in quiet prayer/journaling (Oratio)
- Rest in God's invitation then pray/share out loud if you want (Contemplatio)

LECTIO - READ/LISTEN (1st reading)

- Get to know the passage; listen for a word/s or phrases that seem to jump out at you.
- What is the Holy Spirit impressing upon you? What is one word or phrase the Holy Spirit is bringing to mind?
- Don't force it, wait patiently for God to give gentle guidance.

MEDITATIO - REFLECT/MEDITATE (2nd Reading)

- Re-read. Be present and reflect on how you were prompted the first time.
- Enter into the Scripture passage. What do you feel? What specific situation in your life today relates?
- Reflect on what you believe God is saying vs. "study mode" and thinking about interesting points. Listen to what God might be saying. Ask God to make focus clear.
- Meditate on what you are hearing or what God brings to mind.

ORATIO – RESPOND/PRAYER JOURNALING (3rd Reading)

- What is God's invitation for you from the Scripture?
- Respond in quiet prayer - conversation with God around what you are hearing
- Record what God saying - write down what God may be saying to you or a write prayer of thanks.

CONTEMPLATIO - REST/CONTEMPLATE

- 10 minutes in silent contemplation.
- Just sit quietly, not in prayer or meditating. When your mind wanders bring it gently back to stillness again.
- Rest in God's invitation!