



PRAYER PRACTICE OF

LECTIO DIVINA



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Lectio Divina is a Latin term that means sacred reading. It's an ancient Christian practice that helps you draw near to God through the repeated, prayerful reading of a short passage of Scripture. We recommend using the Psalms or a story from one of the Gospels for this practice.

PREPARATION

Make yourself comfortable in a place that is as free from interruptions as possible. Begin with silence for a few minutes, humbly asking God to quiet your heart and to help you hear what God's Spirit wants to say to you through the text.

When ready, begin reading and praying through the four movements, described below.

1 LECTIO (READ)

On the first reading, simply open yourself to the presence of God. Read the passage slowly and prayerfully. Over time you will discover whether it is more helpful for you to read silently or out loud. Try them both. As you read, take in the words and the overall flow of the passage. Then allow a time of silence following the reading continuing to open yourself to God's Spirit.

2 MEDITATIO (RECEIVE)

On the second prayerful reading of the passage, listen for a particular word or a phrase that especially stands out or speaks to you. Once you have "received" the word or phrase, begin to silently meditate on that. Why would God highlight this for you today? Ask Him any questions that come to mind, and note things that seem important for your life at this time. Remember that the focus is on listening to what God has to say to you personally through this word or phrase of Scripture.

3 ORATIO (RESPOND)

On the third prayerful reading of the passage, listen now for God's invitation, and respond from your heart. Jesus is always inviting us in some way... to let go of something, or to take something up; to do something or be something. The invitation can take many forms. Following the reading, continue to listen for the Holy Spirit's invitation and then respond silently, aloud, or in writing in your journal from an honest heart.

4 CONTEMPLATIO (REST)

The focus of the fourth prayerful reading of the passage is to simply rest now in the love that the Father has for you in Christ. Let the words wash over you. Simply allow the Spirit to draw you close and fill you with God's love, grace and peace. Linger in this place of deep connection. Let your soul be nourished by the words of life God has given you.

Take your word, phrase or image with you. It is something you can return to throughout the day.