

Lectio Divina

Lectio Divina is Latin for “spiritual reading” or “holy reading.” It is the ancient prayer practice that allows us to encounter the living God through His written Word.

Set aside fifteen to thirty minutes for Lectio Divina. Choose a quiet location conducive to prayer. It is recommended to choose a passage from Scripture ahead of time, such as the daily Mass readings.

When you are ready to begin, place yourself in the presence of God. Ask the Holy Spirit to inspire your meditation and help you to avoid distractions.

Lectio Divina is broken down into four steps. With practice, these will become regular and easy, and flow from one another. The steps are the following:

1. Lectio - Read

Read the whole passage slowly and prayerfully. Concentrate on the words and their meaning. Look up words you don't understand. Make sure you understand what the text is saying.

2. Meditatio - Meditation

Read the passage again and this time look for sentences that stand out to you. Why do they stand out? Try and use your imagination to put yourself in the context of the passage. What feelings and thoughts go through your mind as the story progresses? Repeat the phrase several times, pondering the words in your heart. The objective of this stage is to put your life in dialogue with the text.

3. Oratio – Prayer

Now listen for God's invitation, and respond from your heart. God is the Author of both the Sacred Scriptures and your life. Now that the meditation has brought certain aspects of your life to the forefront, is there something you want to tell God about your life? Do you have a question, a word of gratitude or an apology? Is there something that God wants to tell you? Can you determine what His will is for you? Perhaps you may be moved to praise, thank or ask Him for forgiveness. Let the Holy Spirit stir your heart towards God.

4. Contemplatio – Contemplation

Rest now in the love that God has for you. This may be for a short time or God might keep you there for a long time. Allow the Spirit of God to fill you with His grace and peace. After that, repeat the cycle of meditation, prayer and contemplation until the end of your prayer time.

You may take the word, phrase or image with you during the day and return to it.

SCRIPTURE PASSAGE OPTIONS FOR PRAYER:

1 John 4:7-11

God is Love

Matthew 5:13-16

Salt and Light

Psalms 23

The Divine Shepherd

Mark 4:35-41

Jesus Stills a Storm

Luke 2:41-52

*The Boy Jesus
in the Temple*

Romans 8:38-39

Finding Comfort

Matthew 18:1-4

*The Greatest in the
Kingdom*

Isaiah 43:14

Promises of God

Romans 15:13

Seeking Hope

Matthew 5:1-6

The Beatitudes

Romans 12:9-12

*Marks of the True
Christian*

Jeremiah 29:11

*Needing
Encouragement*