

Lectio Divina (divine or sacred reading)

1. Lectio – Taking up the Scripture

Read: Open to your chosen passage, drink in the text, and receive the Scripture while listening for a word, phrase, or sentence that catches your attention.

Rest a few moments with whatever arises, repeating the words silently while pondering them. Rest and silence are important throughout this practice even when doing it in a group setting.

Share: What word or phrase catches your attention? Why do you think it does?

2. Meditatio – Engaging with the Passage

Read: Read the text again. Meditate on the passage (actively engaging with the passage) using your imagination and intellect. Consider what images or questions come to mind around the passage. Consider how this passage might link to your own life.

Share: How is my heart being spoken to this moment? Where does this word intersect my life right now?

3. Oratio – The deep self touched

Read: Read the passage again considering the response it calls forth in you. Hopefully this interaction with the Word unearths a response to God within you.

Pray: Out of your interaction with the Word, what would you like to say to God? Pray about questions you have in regard to the passage and truths that God has highlighted for you.

4. Contemplatio – Rest and silence

Read: Read the passage slowly one last time, not to glean further insights, but to simply soak in/rest in the Word. With the seed of the Word sown in your heart, you enter a period of silence and rest before the Lord.

Be still and silent: Sit in silence a minute or two, allowing God to complete in you the time you've spent together in this Lectio Divina practice.