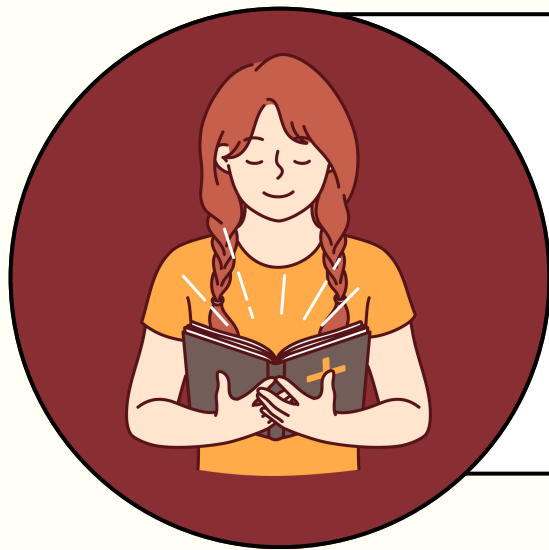


LECTIO DIVINA: 4 STEPS

Lectio Divina (Latin: “*divine reading*”) is a way to pray with the Bible. Reading Scripture allows us to notice God speaking to us more readily in the events of each day; it invites us to live more deeply and helps us become better listeners to God and others. It is different from a Bible study; we are not doing research or analyzing it, but listening to how God is speaking to us **intentionally, personally, and lovingly**.

Before you begin, choose a passage from Scripture; this could be the readings for the day, for Sunday, or one of your own choosing. Find a comfortable and quiet spot to relax and open your heart and mind to God. This activity can be done alone or with a group of family or friends.

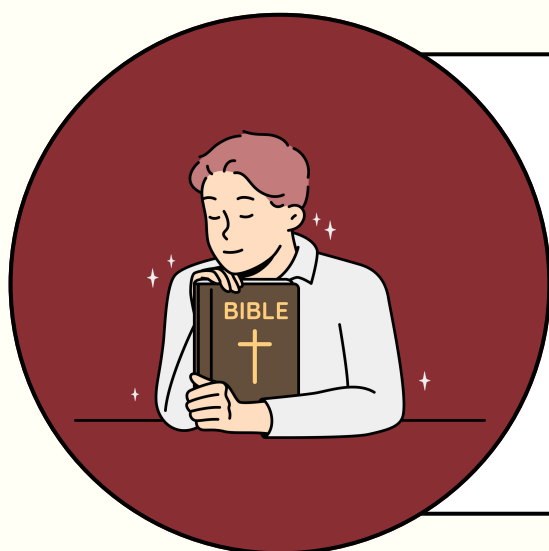
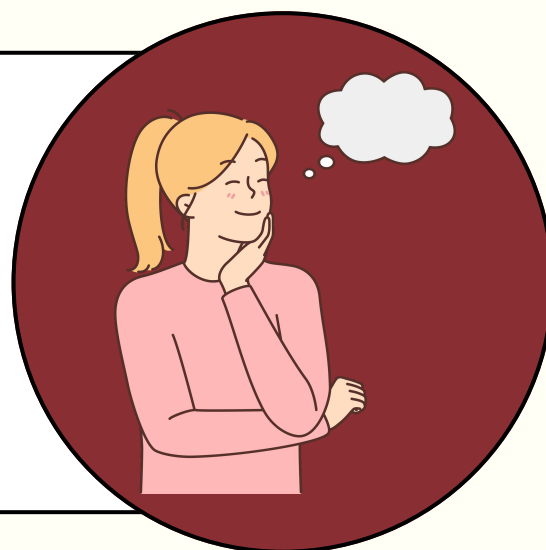


(1) LECTIO (READ)

Read the passage. When reading the passage for the first time, listen carefully for any words or phrases that seem to jump out to you. It's important not to force things, but wait patiently for God to give gentle guidance. Let the passage soak in.

(2) MEDITATIO (REFLECT)

Read the passage a second time, and **reflect** further on what sticks out to you. Perhaps it's a particular image, phrase, or word that caught your eye. Let that be your focus, reflecting on what God may be trying to show or say to you. Try not to analyze the passage like you would a history textbook or a novel, but focus on how God is personally and intentionally speaking to you through this passage.



(3) ORATIO (RESPOND)

Read the passage a third time, and **respond** to God in prayer. Ask God to show you what He wants you to take from it. What do I want to communicate to God? What am I longing for in my relationship with God? What do I desire in my prayer life? What secrets of my heart are ready to be expressed? Is there joy? Sorrow? Fear? Gratitude?

(4) CONTEMPLATIO (REST)

Rest in silence with God. This silence can last for a little or long while. Silence allows us to be with God, Our Creator, who loves you beyond all measure, Who knows us better than any human being ever could. Rest in His overwhelming, everlasting, unconditional Love for you.

