

LECTIO DIVINA

“SACRED READING”

Select a passage of Scripture. Any passage can be used, but it is helpful if it is not too long. Read the passage slowly and reflectively four times, each time with a different focus.

PREPARE / SILENCIO / SILENCE

Begin by quieting myself, removing any distractions, and asking the Holy Spirit to come into this time. Psalm 46:10, “Be still and know that I am God.” Relax. Take a few deep breaths. Express my willingness and desire to hear from God.

FIRST READING

READ / LECTIO / BITE

Notice a word, phrase, or idea in the scripture that may be highlighted to me, maybe an image that comes to my mind. Reject anything that would not be coming from a loving God. Savor it as a word of God for me.

Take a moment to record it.

SECOND READING

REFLECT / MEDITACIO / CHEW

How is my life touched by this word. Gently repeat the word, phrase, picture, or idea, allowing it to interact with my thoughts, hopes, memories, desires.

THIRD READING

RESPONSE / ORATIO / SAVOR

Take some time to talk with God about my response to what I have read or encountered. Let it flow out freely to the God who loves me. Notice feelings that may have come up. There is no right or wrong way to do this.

FOURTH READING

REST / CONTEMPLATIO / DIGEST

Rest and wait in God’s loving presence. Practice silence, letting go of my own words.

RESOLVE / INCARNATIO / LIVE OUT

After resting, resolve to carry this word with me and to live it out in the context of my daily life.

Reflect on it, pray over it, rest in it, allowing it to become part of me.