

“Lectio Divina”, the way to enter into dialogue with God who speaks through his Word

LECTIO DIVINA

Reading + Meditation + Prayer + Contemplation

PREPARATION: Silence – Find a solitary place to create “sacred space”

- ✓ Be comfortable – look for a quiet place and sit comfortably
- ✓ Choose a text from the Scripture, for example a reading from Mass. The text can be a passage randomly chosen, also.
- ✓ Create a space that is yours – quiet, without music, noise, or distraction
- ✓ Create an interior silence that will allow you to hear the Lord. Some people find it helpful to begin by focusing on their breathing, to be able to calm themselves and enjoy the silence.



1. READING – “What does the text say?”

- ✓ Attend to the text. Read it slowly, with care, constantly listening to your voice. Focus on the word or phrase that stands out, or calls your attention. Though we may not know why, a word may jump out of the text.
- ✓ Don’t expect thunder and lightning, or a ringing of bells. Lectio Divina teaches us to listen, to attend to the subtle presence of the Spirit who does not grab us, rather softly invites us into an intimate interior space
- ✓ Discover the message of faith that the text offers.

2. MEDITATION – “What does the text, or word, stay to me?”

- ✓ Stay with the word, or phrase. Allow the word to interact with your experiences, memories, and life. If memories come to the fore, allow them. They are simply part of your life. Offer them to the Lord.
- ✓ Allow the word to be a mirror. Allow an internal dialogue.
- ✓ Let the word deep into your heart.



3. PRAYER – “What does the word prompt me say to God?”

- ✓ Pray with the word: ask, praise, thank.
- ✓ Talk with God. Use words, or images, or feelings. Interact with God as you would with an intimate friend who loves and accepts you. Offer to the Lord what you have discovered or experimented in the meditation, or what is in your heart.

4. CONTEMPLATION – “What does the Lord say to me?”

- ✓ Rest in the Divine Presence, in the serenity of the mystery of the Spirit. In the sacred silence, listen for the soft voice of the Lord.
- ✓ Enjoy the presence of God. Be glad to know that God is with you in the word and in the silence. Lectio Divina does not have any goal greater than being in the Creator’s presence.
- ✓ Some return to the text to savor it, or review it. Sometimes just one word fills the prayer.



CONCLUSION: Conclude your time in Lectio Divina with a prayer of gratitude to the Lord for being with you. *Glory be to the Father...*