

Lectio Divina

“Sacred Reading”

Preparation: Find a quiet place to pray and a posture that is comfortable but also allows you to be attentive. Take a few moments to call to mind God’s presence. Choose a section of Scripture that you wish to pray with. It does not need to be long; a couple of verses is sufficient.

1. **Reading (*Lectio*):** Read the passage slowly. Take in what is happening in the passage but refrain from analyzing it or searching your mind for previous knowledge of the passage. The activity here is listening.
2. **Meditation (*Meditatio*):** Read the passage again slowly. This time, pay attention for a word, phrase, or image that stands out to you. You don’t need to know why it grabs you. Once you have identified the word, stop reading and focus on the word (or phrase or image). What is your reaction to it? What emotions, reflections, or desires does it prompt? How might God be speaking to you through it?
3. **Prayer (*Oratio*):** Allow your meditation to lead you into dialogue with God. Share with God what touched you about this passage and within your reflection. You may be drawn to pray for a particular intention or to offer gratitude to God.
4. **Contemplation (*Contemplatio*):** Allow yourself to cease reflecting and conversing and move into a time of silence. Contemplation is about being *with* God, rather than thinking or talking *about* God. When distractions emerge, take note of them and then gently set them aside. You might use your word, phrase, or image as a tool for re-centering when this happens.
5. **Give thanks:** You may wish to read through the passage a final time and notice if anything new stands out to you. Thank God for the opportunity for prayer. Ask that God’s grace continue to be at work in your life.