

Lectio Divina





Seeking to talk with God...

“...prayer should accompany the reading of sacred scripture, so that God and man may talk together...we speak to Him when we pray; we hear Him when we read the divine sayings.”

Dei Verbum



Four (sometimes five) Steps...

John of the Cross:

***“Seek in reading and you will find
in meditation;
Knock in prayer and it will be
opened to you in contemplation.”***



1st Reading ~ *Lectio*

- Silence
- What word or phrase chooses you?
- Share – name but no discussion



2nd Reading ~ *Meditatio*

- Silence
- What questions emerge?
- What do you think the text is trying to say?
- Share thoughts – name but no discussion



3rd Reading ~ prayer ~ *oratio*

- Silence
- Do I see things differently?
- Is God calling me in any way?
- If comfortable, name your prayer aloud.



4th Reading – Contemplation ~ *contemplatio*

- A time of silent reflection
- *Be still and know that I am God*



Step 5: *Incarnatio*

The true disciple, Jesus said, is the one who “listens to my words and acts on them.” (Luke 6:47)