

Lectio Divina

Prayer and meditation require planning and meditation. The *Lectio divina* is a method for focusing prayer that is used by many people throughout the world.

Introduction

Step 1: Select a passage of scripture which you find appropriate, one which touches you or the prayer group of which you are a part. Some examples are:

Process

A. The love of God has been poured into our hearts through the Holy Spirit which has been given to us. (Romans 5:5)

B. I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I live in the flesh I live by faith in the Son of God who loved me and gave himself for me. (Galatians 2:19b-20)

C. Come to me, all you that are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. (Matthew 11:28-30)

Step 2: Prayer. Begin by prayer for the presence of the Holy Spirit to guide this period of prayer and scripture reading.

Step 3: *Lectio*. Read.

A. Read over the passage you have selected very lowly, savoring each of the words.

B. Read the same passage a second time in the same way.

C. Read the same passage a third time, this time forming the words with your lips.

Step 4: *Meditatio*. Contemplate.

A. Return to the passage and listen for the word or words that have attracted in during your reading.

B. Repeat that word or phrase over and over in your heart

C. Let the word or words speak to you and resound in you rather than analyze its meaning

Step 5: *Oratio*. Respond.

A. You may find that you want to thank God for what you have received, or to praise God, or to ask for the promise that you hear in the passage.

B. Pray to God in the way that seems right to you.

Step 6: *Contemplatio*. Rest.

A. Remain in silence before God, asking nothing but to enjoy God's presence.

B. Whenever thoughts enter your consciousness, return to the word in the passage that spoke most strongly to you.

Step 7. Prayer: At the end of the time, thank God for God's presence to you during this time together.

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