

PRAYING LECTIO DIVINA

"Lectio Divina" is Latin and means "divine reading" or, as it is more often translated, "spiritual reading." This is an ancient practice of spiritually reading scripture that speaks to our hearts. It is a meeting of our contemporary lives, our humanness, with the Divine Word. It allows us to hear God speak to our heart deeply. Enjoy and enter fully into the Word of God in this way!

1

LISTENING (LECTIO)

Listen closely and purposefully as you read the text.
What is new or what are you hearing differently?

2

REFLECTION (MEDITATIO)

What in this reading is God telling you at this moment?
What words (especially verbs) might speak to your life?

3

PRAYER (ORATIO)

What do you need to say to God in light of the scripture and reflection? Pray now in words from your heart.

4

CONTEMPLATION (CONTEMPLATIO)

Rest in God's loving presence. Be attentive to all that you have experienced. Do not rush. Be present and be filled.

5

ACTION (OPERATIO)

As you return to the fullness of daily life, what are you called to do, to be? Is there an action to this scripture experience?



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