

The Four Steps of Lectio Divina

- 1) Time to read your Bible... yes, dust it off and crack it open. For this first step, don't just skim through the passage if you already know the story, but *read through and linger on each sentence. Maybe read it a few times, and try to notice different words or phrases as they jump out to you.* This is the first step, called '**Lectio.**'
- 2) Next, slowly read the scripture again, and take a few minutes to sit and *be* in that moment. *Imagine you are in the story.* Who are you in the story? What are your senses? What does it look like? Can you hear anything? How are the people in the scene feeling? How do you feel when people speak or act?

Pray through what you experience and let God speak to you. *It's a lot more about listening than about talking, and about seeing what God wants to show you. The God of the universe want to speak personally to you right now!* What is it like to experience Jesus' presence, words, or actions? How do *you* react? What goes on in your heart? What prayer is on your heart? As we place ourselves in this moment, we are in the second step called '**Meditatio.**'

- 3) Read through the scripture again, slowly lingering on each verse. Now – that prayer that's on your heart? It's time to pray it, to *turn it towards God and respond.* The emotions and thoughts that have come out of meditation move us into authentic prayer – *conversation* with God. Your prayer doesn't have to look any particular way. Share with God whatever is on your heart. *If you're struggling to pray, tell God and ask for His help.* This is '**Oratio.**'
- 4) Finally, reading the scripture one last time, it's time to contemplate... a heavy word that really just means to *sit and think.* Take a few closing minutes to sit with God. *What did He show you? What did you say to Him?* Something I like to do is journal in this time so that my thoughts don't get lost once I'm back out in daily life. '**Contemplatio**' is the last step.

Some scripture passages to pray with:

Mt 9:9-13

Lk 8:4-8

Lk 23:39-43

Mt 11:25-30

Lk 15:1-7

Jn 15:1-11

Mk 4:35-41

Lk 18:35-43

Jn 21:15-17