



## How to Practice Lectio Divina (Holy Reading)

Lectio Divina, a way of developing a closer relationship with God by reflecting prayerfully on Scripture, dates back to the 6<sup>th</sup> century. Lectio Divina is about listening to God with the heart, not merely gathering information with the head.

We often make the mistake of thinking that prayer is about what we say to God. It is actually the other way around. *God wants to speak to us.* The Holy Spirit will often do this through the Scriptures.

As you quiet yourself to receive God's word, breathe deeply as you settle in, and perhaps offer the following prayer to begin your time with God.

*Blessed Lord, you caused all Holy Scriptures to be written to teach and transform us. Let me hear your words, learn, and inwardly digest them so I may embrace and hold fast the blessed hope of eternal life; to live in this world in a way that honors you. Speak, Lord, your servant is listening. - Amen.*

### **READ** (*Lectio*) - First reading of the passage: **Listen**

As you listen to the passage, is there a word or phrase that attracts your attention? Allow it to rise from the text as if it might be God's word for you today. Sit in silence for some time, noticing the word or phrase within the passage.

### **REFLECT** (*Meditatio*) - Second reading of the passage: **Ponder**

As you hear the passage again, consider: how does this word or phrase speak to you? Why is it connecting with you? Ponder it carefully. Sit in silence and notice if there is a thought that surfaces. What is it saying to you?

### **REQUEST** (*Oratio*) - Third reading of the passage: **Pray**

As you listen to the passage for the last time, consider how you might take the word or phrase into your day as your gift from God. Respond to God in prayer about this. Is there an invitation, reminder, a word of comfort, or encouragement, a confirmation?

### **REST** (*Contemplatio*) - **Repose**

In the silence that follows the reading, reflect for a moment with God, quietly and gratefully receptive to what God is doing. Consider journaling your reflections.

### **REJOICE!** - **Give Thanks to God**

Take a moment and thank God for His presence and that His Word has spoken to you.