Lectio Divina

Lectio divina means simply "holy reading"—an ancient way of praying the Scriptures that reaches back to the earliest centuries of the church. Most of us are trained to read the Bible for information: to master the text or extract a lesson. Lectio invites the opposite. Here you read slowly enough to be read—letting a word or phrase wash over your heart and settle into who you are. The goal to meet living God who speaks, and to let him transform you. Use the four movements on the back to pray a short passage each day, and let the Word do its powerful work in you.



Prepare. Choose a short passage—even a few verses are enough. Take a few slow breaths and ask God to open your heart: "Open my eyes, that I may see wonderful things in your word." (Psalm 119:18)

1. ***Read (Lectio).*** Read the passage slowly, aloud if you can, several times over. Do not hurry to cover ground. Listen for the word, phrase, or sentence that stands out—that seems to draw you in - or unsettles you. Linger there, and let it sink in.

2. ***Meditate (Meditatio).*** Stay with what stood out. To meditate is to chew—like a cow with its cud—working the words over slowly until they release their flavor. Repeat the phrase(s) gently. Notice what it stirs in you: what feelings, memories, or desires rise. Don't move on too quickly. Let the Word speak to you.

3. ***Pray (Oratio).*** Now respond. Having listened, speak honestly to God: "Why did you give me this word today? What are you saying to me? What might be your invitation to me?" Let it become a real conversation.

4. ***Contemplate (Contemplatio).*** Finally, stop speaking and simply rest in the Father's love. Lay down your words, insights, and requests. Allow God's love to envelop you—like a child on her mother's lap. Enjoy him enjoying you. Receive his presence and gentleness for you as a gift.

Feel free to move through these four movements as the Spirit leads, and don't worry about doing them in order. Carry your word or phrase with you through the day, returning to it over and over again.