

## Lectio Divina

### *Praying with Scripture*

*Lectio Divina*, or “divine reading” is a traditional way of listening and talking with God through Scripture. The Holy Spirit prompts thoughts about what we read and helps us talk to God about these thoughts. In this way, God speaks directly to our most personal concerns. That is prayer!

### The 4 Steps

#### Lectio (Reading)

1. Schedule a quiet 15-30 minutes and remove all distractions (phone).
2. Ask the Holy Spirit to be present. Say out loud, “*Come, Holy Spirit, come. Open my mind and heart to God*” or “*Speak Lord, your servant is listening.*” (1 Sam 3:10)
3. Take a few moments and close your eyes. Slow your breathing. Calm your mind.
4. Read a short scripture selection (smaller than ten verses or a short paragraph). Savor it. Read it slowly again.
5. “*Listen with the ear of your heart*” (St. Benedict) for a word, phrase, or verse that stands out to you—perhaps ever so slightly. Perhaps it is something that bothers you or just raises a question . . . just recognize it. God catches our attention in many ways.
6. Read it again and/or read out loud.

#### Meditatio (Reflecting)

1. Imagine yourself within the scene. What do you see? Who is there with you? What is the landscape? What do you smell? What are you doing: sitting, reclining, walking?
2. **Hear** that word or phrase. Ask questions regarding that word. Observe the action taking place.
3. Meditate on whatever seized your attention.
4. Notice where your thoughts lead: questions that arise, comfort received, promises to claim, directions to obey, role models to follow, errors to escape, sins to reject, or praises to sing.

#### Oratio (Responding)

1. Talk to God about how your heart is moved. Discuss His Word with Him as you would a beloved and trusted parent or friend. He is your Good Father . . . and Jesus has called you His friend.
2. If the Holy Spirit leads you to any resolution or application for your life - write it down.
3. Ask God what you desire with this prayer.

#### Contemplatio (Remaining)

1. Take a few minutes and rest in God’s presence. Let Him just love you. Let that love transform you.
2. Do not worry about trying to accomplish a great deal in these few minutes. When you are spending time with a loved one, not every second is filled with saying or doing something, enjoying one another’s company and being comforted by each other’s presence is often enough. “*Be still and know that I am God,*” (Psalm 46:11).