

## ***Lectio Divina* (Sacred reading)**

*A way to meditate on scripture.*

**Prepare** by placing yourself in the presence of God; become quiet and offer your time and your prayer to God.

**Reading (*Lectio*)** - Read the passage out loud, slowly, allowing the words to penetrate your mind and all your senses. After a pause, re-read the passage. During these first two readings, listen for the word or phrase that catches your attention.

**Meditation (*Meditatio*)** - Take time to think about your word or phrase. Re-read the passage quietly to yourself and listen to where the word connects with your life right now. Enter into the scene in your imagination. Carefully watch the people. Listen to how they interact. What do you hear and experience as you watch and listen?

**Prayer (*Oratio*)** - Talk to God about the word or phrase he has highlighted and what's coming up. It might be helpful to journal. How has God addressed you in this Word and invited you to respond? Allow the Scripture to lead you in prayer to God.

**Contemplation (*Contemplatio*)** - Deeply receive God's word and rest in his presence and love. Give yourself some time to wait and be still before you go back to life as usual. Take God's word to you with you throughout the day. Make an act of offering yourself to God.

An **action** or a particular resolution may follow from your time of *lectio divina*. If so, carry out the resolution promptly and with devotion (love for God).

Prayer before *lectio divina*:

“Speak, O Lord, for your servant is listening.”

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

Prayer after *lectio divina*:

Direct, O Lord, we beseech you, all our actions by your holy inspirations, and carry them on by your gracious assistance, that every prayer and work of ours may begin always from you, and by you be happily ended. Through Christ our Lord. Amen.

OR:

O Holy Spirit, beloved of my soul, I adore You. Enlighten me, guide me, strengthen me, console me. Tell me what I should do; give me Your orders. I promise to submit myself to all that You desire of me and to accept all that You permit to happen to me. Let me only know Your Will. Amen.