

## **Lectio Divina = “Sacred Reading” in Latin**

Lectio Divina is “a way of reading Scripture that involves taking time to reflect on the text. It focuses on reading-for-transformation rather than reading-for-information or for academic study (though this is useful and has its place too!).”

### **A Lectio Divina Exercise**

Choose a short passage from Scripture (more than 5 verses and less than 15 verses usually). A few recommended passages to start with would be a Psalm (like Psalm 23 or 121) or a passage from the Gospels (like John 2:1-11 or John 15:1-9). Once you have chosen a passage, then grab a journal and begin the process!

**STILLING** (*Silencio*) – Helpful practices: “Sit with your feet on the floor, become aware of your body and breath, relax, and become still and silent in God’s presence.” (Remember that we are embodied persons and not “brains on a stick.” We bring our whole person to God—including the bodies he has made!)

#### **READING** (*Lectio*), **REFLECTING** (*Meditatio*), and **RESPONDING** (*Oratio*) **PROCESS**

1. “For the first reading, there is no need to analyze the text but just listen to the passage.” (Follow with a minute or two of silence.)
2. “For the second reading, pay attention to a single word or phrase that jumps out to you.” After the reading: “Ponder that word or phrase in the silence.”
3. “For the third reading, ponder/ask the Holy Spirit, in the silence of your heart, why that particular word or phrase jumped out at this particular time.” (Follow the reading with a minute or two of silence.)
4. “For the fourth reading, ask the Lord, in the silence of your heart, how He may be inviting you to respond.” (Follow the reading with a minute or two of silence.)

**RESTING** (*Contemplatio*) – “Rest in silence and stillness, enjoying fellowship in God’s presence that goes deeper than words. If your mind wanders with distracting thoughts, it can be helpful to silently say a word or phrase that helps you return your gaze upon God. This can be a name for God or his character (God, Father, Jesus, Spirit, etc.).”