



## LECTIO DIVINA GUIDE

Lectio Divina is an ancient practice Christians have used to meditate on the scriptures since the days of the early church. It consists of five movements. Choose a passage of scripture 1-2 paragraphs long. This method of scripture engagement works particularly well for reading the Psalms.

❖ **SILENCE** - *silencio*

Prepare yourself to receive from God. Slow down, relax, and intentionally release the chaos and noise in your mind to him. Close your eyes and breathe out slowly. Ask God to give you an openness to hear from the Spirit. It may be helpful to sit with your palms face-up, or to visualize yourself in a peaceful setting where you can meet Jesus.

❖ **READ** - *lectio*

Read the passage slowly, allowing the words to settle in your heart. If it is a narrative passage, enter the scene in your imagination: watch the people, listen to how they interact, what you might see or smell. Now that the passage is familiar to you, read it again. This time, also listen with your heart for a word, phrase, or detail of the story that stands out to you. Do not choose this yourself, but allow the Spirit to bring it to you.

❖ **REFLECT** - *meditatio*

Read the passage again slowly. As you do and for a few minutes afterward, linger on the word or phrase that stood out to you. Sit with it and savor it as a word of God for you. Pay attention to any feelings of relief or resistance. Why do you think those words resonated with you? Ask God how it connects to your life today. What do you need to know, be, do or apply?

❖ **PRAY** - *oratio*

Read the passage one last time, listening attentively for anything else God might have to say to you. Allow the scripture to lead you into a response of prayer. Do not censure your thoughts. Respond to God's invitation to you.

❖ **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 reenter life as usual. Take God's Word throughout the day and enter into his invitation to transformation.