

Lectio Divina

Praying with Scripture

Lectio Divina is a slow, contemplative praying with scripture. It invites God to speak into our life through scripture and for us to respond.

[step-by-step guide to pray with a Bible passage.](#)

- Choose a text from Scripture that you wish to pray. Confirm the time you have together for this. Talk briefly through the process that will be used so that all are comfortable.
- begin with a short prayer and sit in silence for a moment allowing yourselves to be in the presence of God.
- Ask for what you want from God in this time of prayer. Ask too for the help of the Spirit as you pray.
- Let one person read the text slowly, while everyone listens.
- Allow silence to ponder upon the word or phrase. Let it speak into your life.
- Allow this reflection to invite you into dialogue with God, and feel free to share with everybody, a word or phrase that catches your attention, or somehow says, "I am for you today."
- At the end of your prayer time, finish with a prayer such as the Our Father.

Bear in mind that each person will engage with the God through the text in their own way. There is no right or wrong way! Don't worry if nothing gets your attention when reading the passage.

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