

Introduction to *Lectio Divina*

Name: _____

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The Scriptures are one of God's greatest gifts to us. They provide us with a reliable way of coming to know God more fully as we grow in our ability to listen to God's Word.

There is an ancient practice in the Church of praying with the Scriptures known as *lectio divina*, which means "divine reading." As it has been traditionally understood, *lectio divina* has four stages: reading, meditating, praying, and contemplating. *Lectio divina* helps us to not only hear what God has to say to us but also to speak to him in return in a dialogue with our loving Father in Heaven.

The following is a brief summary of suggestions on how to approach each of the four steps:

Reading

- Recognize that it is God who speaks through the inspired words of the Scriptures.
- Read carefully and slowly.
- Pay attention to what is happening in the passage. Who is there? What are they doing or saying?

Meditating

- Spend time focusing on particular details from the passage that stood out to you.
- Reread words or phrases from the passage and spend time wrestling with them.
- Ask yourself, *What is God saying to me through this passage?*

Praying

- Having listened to God's words, turn to him with words of your own in response.
- Thank God for what he has revealed to you.
- Ask him for the grace to allow his Word to transform you to be more like Jesus.

Contemplating

- Recognize that contemplation is a gift that comes to us from God.
- Having meditated on and responded to God's Word, rest in his presence.