

LECTIO DIVINA

- Find a quiet comfortable place.
- Breathe deeply and relax your body to center yourself.
- Offer a prayer inviting God to open your heart and mind to what God would say to you through the words of scripture.
- Choose a scripture passage.
- Pray the four steps:
 - LECTIO (“reading”): Read the passage attentively, reverently, slowly. Let one particular word or phrase catch your attention. Let the word or phrase roll around in your mind. You might want to repeat it aloud. Read the passage a second time and move to step two.
 - MEDITATIO (“meditation”): Ponder what was read. Ask yourself, “What does this word mean for my life? How does it connect to my current situation?” When you’re done, read the passage a third time and move to step three.
 - ORATIO (“prayer”): Ask what God inviting you to do, to hear, to or be. Listen for any answer that comes to you.
 - CONTEMPLATIO (“contemplation”): Simply rest in silence. Just be. Sit still with God and rest in God’s presence.