

# Lectio Divina

is Latin for "Divine Reading"

Many people who want to begin reading the Bible can feel very intimidated, wondering, "Where and how am I going to begin?" Lectio Divina is a prayer tool that can help you pray with the Scriptures with the help of the Holy Spirit! It is not looking at Scripture in a Bible Study kind of way, but helps us be in tune with how the Scripture hits mind, heart and emotions. Lectio Divina helps you to enter into Scripture and see if there is something that God wants specifically for you, today, in this moment, through the Scripture passage.

## PREPARATION FOR LECTIO DIVINA

### QUIETING OURSELVES

Find a comfortable, quiet place where you will not have any distractions. Then, in prayer, simply acknowledge God's presence with you and thank Him for being there! Ask the Holy Spirit to guide you. In your preparation, be **expectant** that God will speak to your heart!

### CHOOSE A SCRIPTURE PASSAGE (one that is not too long)

Your passage could be chosen randomly, or one that follows a particular order of Scripture you are reading. I might suggest using the gospel for the upcoming Sunday Mass or one of the readings from the Mass of the day. You can always find the weekly Scriptures for Mass in the St. Anastasia bulletin. Lectio Divina is a powerful way of preparing yourself for Mass!

## THE FOUR MOVEMENTS OF LECTIO DIVINA

With Lectio Divina, we read for transformation, not merely information. It's a kind of reading that instead of being quick and comprehensive, is a little more slow and perhaps more in-depth. Instead of trying to master the information, **we seek to let God master us through the Scripture**. We read with our heart as well as our mind.

Let's take a look at the four movements of Lectio Divina:

**READ (Lectio)**  
**REFLECT (Meditatio)**  
**RESPOND (Oratio)**  
**REST (Contemplatio)**

## Step One: READ (LECTIO)

**Read the Scripture passage a first time** slowly and prayerfully, not like a text book or newspaper. Read with expectation! This is God's Word speaking to you. There *IS* something in it for you to ponder. Don't rush through this step. Take a number of minutes to ponder:

**What phrase, sentence or even one word stands out to you?**

## Step Two: REFLECT (MEDITATIO)

**Read the Scripture passage a second time**, again, slowly and prayerfully. Be aware of what touches you, a thought or reflection that is meaningful. Allow a number of minutes to ask yourself:

**With the word, phrase or verse that stood out to you...**

**Why does this stand out to me?**

**What is interesting or unique about these words?**

**Where do these words intersect with some part of my life right now?**

## Step Three: RESPOND (ORATIO)

**Read the Scripture passage a third time**, again, slowly and prayerfully. Notice what happens in your heart as you read. Allow a number of minutes to ponder:

**What do you feel?**

**What are your hopes, desires, requests?**

**Respond naturally to the passage in the context of relationship.**

**What do I want to say to God in this text?**

**"I hear the Lord saying to me..."**

**or**

**"I believe the Lord wants me to..."**

## Step Four: REST (CONTEMPLATIO)

Simply being still and resting in God's presence. Quietly receive what God has shown you. Giving our love in return. If we say anything, it should be simple like, "I love you!" or "Thank you!"