

LECTIO DIVINA

DIVINE READING

Opening

Place yourself in the presence of God. Ask the Holy Spirit to open your mind.

Lectio

Read the scripture passage. Read it again, more slowly, noticing any word or phrase which stands out. Read it again if necessary.

Meditatio

Think about the word or phrase which stood out. If helpful, write your thoughts down.

Oratio

Listen to God. Is there a reason this word or phrase is significant to me right now? What emotions am I feeling?

Contemplatio

Is God calling me to do something? To be patient? To action in my community? to forgive someone? To ask for forgiveness? If I feel called to it, I make a commitment to take a concrete action.

Closing

Thank God for this time spent together. Or close with a traditional prayer such as an Our Father or a Glory Be.

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