

Instructions for Lectio Divina

Lectio Divina ("Divine Reading") is an ancient Christian practice that goes back to the 6th century. It is a method of meditation on God's word to increase intimacy with God and deepen understanding of Scripture. It is different from Bible study, which is also essential. After preparation, there are four parts to this practice.

Prepare

- Find a quiet place free from distractions. Silence your phone.
- Choose the passage that you will be using for your meditation. If you read a longer portion of Scripture for your daily Bible reading, choose a smaller section to use for Lectio Divina.
- Take a moment to quiet your heart and set aside what distracts you.
- Pray and ask God to prepare your heart to hear from him.

Read (*Lectio*)

- Read the passage slowly and reflectively. Pay attention to the thoughts and emotions expressed in the passage.
- For narrative passages it is helpful to imagine yourself as a bystander watching the events unfold. What are the sights, sounds, and smells that you experience?

Reflect (*Meditatio*)

- Read through the passage a second time and listen for how God is speaking to you through a certain word, phrase, or event.
- Reflect on what you are hearing from God and how it might impact your life.

Respond (*Oratio*)

- Talk with God about the text. What do you want to say to God in response to what he has spoken to you?
- Continue your conversation with God until you sense that you have heard what he is speaking to you and that you have expressed your response to him.

Rest (*Contemplatio*)

- Spend a few minutes enjoying the sense of God's love and presence without actively asking him for anything.
- Rejoice and give thanks for his love for you.