



Lectio Divina: A Guide to Spiritual Reading

Lectio Divina, or "Divine Reading," is an ancient Christian practice that involves prayerful reading of the Scriptures. It is a method of prayer and scripture reading intended to promote communion with God and to increase knowledge of God's Word, aiming for a deeper relationship with Him. This guide is designed to introduce you to the practice of Lectio Divina and to provide a structured approach to engaging with Scripture in a meaningful way.

Five Steps of Lectio Divina

1. Lectio (Reading)

- Purpose: To read God's Word slowly and attentively.
- Practice: Choose a passage of Scripture and read it several times, slowly. Listen for a word or phrase that stands out to you or touches your heart.

2. Meditatio (Meditation)

- Purpose: To reflect on the text of Scripture.
- Practice: Meditate on the word or phrase that stood out to you. Ask yourself how this text might be speaking to your life right now. Consider what God might be saying to you through this Scripture.

3. Oratio (Prayer)

- Purpose: To respond to God's Word.
- Practice: Open your heart to God, responding to the insights you've received during meditation. This might be a prayer of thanksgiving, confession, petition, or offering of your life anew to God.

4. Contemplatio (Contemplation)

- Purpose: To rest in God's presence.
- Practice: Let go of your own ideas and plans, and simply rest in God's Word and presence. Allow God's peace and love to fill you during this time of silent contemplation.

5. Actio (Action)

- Purpose: To live out the insights received.
- Practice: Consider how the Word of God will influence your actions today. Make a resolution on how you can apply the scripture to your daily life.

Tips for Practicing Lectio Divina

- Begin and end with prayer, asking the Holy Spirit to guide and enlighten your reading.
- Choose a quiet place and a regular time for your Lectio Divina practice to develop a routine.
- Don't rush the process; give yourself permission to move slowly through the reading, meditation, prayer, and contemplation.
- Use a journal to note insights, questions, and commitments that arise during your Lectio Divina.

Suggested Scripture Passages for Lectio Divina

- Psalm 23: The Lord is my shepherd.
- Matthew 6:25-34: Do not worry.
- Romans 8:28-39: God's love in Christ Jesus.
- Philippians 4:4-9: Rejoice in the Lord always.

Lectio Divina is a gift that opens us to the transformative power of God's Word. As you practice these steps, you'll find that Scripture begins to speak into your life in new and profound ways. May your journey with Lectio Divina draw you ever closer to God, as you listen, reflect, respond, and rest in His Word.