

Lectio Divina

(copied from Charles Bello)

If you are looking for a passage to start with, I would encourage you to begin with passages that are already your favorites and see what else God might want to say. The Psalms are a natural for *lectio divina*, as well as John's letters, and the Sermon on the Mount. Ask God to show you where to start. I have added time limits only as a guide. You are free to adjust the time to fit your schedule and own personal rhythm.

Make yourself READY

- Find a place where you can be quiet and undisturbed.
- Choose a brief passage of scripture.
- Ask God to meet you during this time of prayer.
- You may want to **journal** *lectio divina*. This helps you slow down and better process your thoughts, prayers and reflections.

READ / LECTIO (5 min.)

- Read the passage slowly, letting your awareness rest of each word.
- Listen for the still small voice of God.
- Be aware of any word or phrase that catches your attention.
- Write down word or phrase that caught your attention

REFLECT / MEDITATIO (10 min.)

- Meditate and think on the word or phrase that caught your attention.
- Use your mind to analyze the word or phrase.
- Be aware of any emotion or memories the word may stir up.
- Write your meditations down.

RESPOND / ORATIO (10 min.)

- Respond to the word.
- Ask God why this word caught your attention. What is He trying to say to you?
- Dialogue with God about what you are feeling or hearing. Write out your dialogue without editing it or worrying about spelling or grammar.
- Take time to listen.

REST / CONTEMPLATIO (5 min.)

- Simply rest in God's presence. Wordless, quiet rest in the presence of God is called "contemplation."
- Short "breath prayer" are sometime helpful when you mind wants to wander.

RETURN

- Keep returning to the passage and your reflections throughout the day / week.
- Keep returning with the intention of prayerfully integrating the word into your life.