

LECTIO DIVINA (Divine Reading)

Lectio (Read the text)

- *Read the text aloud
- *Note the words and phrases that stand out to you
- *Read the text aloud again
- *Listen again for the words and phrases that resonate with you.



Meditatio (Meditate on the text)

- *Read and reflect on the text a third (and final) time
- *Note the memories, hopes, and concerns that this text brings up for you

Contemplatio (Contemplate the text)

- *Sit in sacred silence under the guidance of the Holy Spirit, do your best to quiet your own thoughts and listen for the divine

Oratio (Pray in response to the text)

- *Respond to the divine (silently, out loud, or in your journal)
- *Share with God what you experienced or learned in your reading of and reflection on the text
- *Offer to God the questions, concerns, or praises that are still lingering with you.