



Lectio Divina

[Also called Divine Reading, or Dwelling in the Word]

1. Prepare

Find a space that works for you, and create a ritual like lighting a candle or ringing a bell. Reciting a short prayer (such as “God, let your word speak to me”) may help you focus.

2. Lectio [Read]

Choose a scripture passage and read it. Typically a couple of verses is more helpful than a whole chapter. This first reading is an opportunity to get to know the scripture passage, or to refresh your memory if you’ve read it before. Pay attention to any words or phrases that seem to jump out. Don’t force things, but wait patiently for the Holy Spirit to guide you.

3. Meditatio [Reflect]

Read the same passage again. Focus further on the words or phrases you noticed during the first reading. Reflect on what you hear God saying.

4. Oratio [Respond]

After a third reading of the same passage, it’s time to respond. The discipline of journaling helps this step.

5. Contemplatio [Rest]

After the final reading, spend time in silent contemplation.

A standard time for Lectio Divina is 15-30 minutes. As with all prayer practices, you are invited to start with less time and build to a time that works for you.

