



HOW TO PRACTICE LECTIO DIVINA

divine reading

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Lectio Divina is a Latin phrase meaning 'divine reading'. This is a form of meditation on the word of God that trains us to listen to the Spirit's whisper speaking personally to our hearts

READ - 'lectio'

Breathe deeply. Pay attention to your breath.
Read passage slowly at least 2xs.
What is it saying to you?
What do you notice? What grabs your attention?
Listen for the still, small voice of the Holy Spirit.

MEDITATE - 'meditatio'

What stands out to me?
What emotions, ideas, or words come to mind?
How could God be speaking to me?
Is there an invitation from God?

PRAY - 'oratio'

Respond to God in prayer.
Consider journaling, or writing what you sense.
God saying to you.

CONTEMPLATE - 'contemplatio'

Rest, enjoying God's presence.
Be still.
Listen for God's response.
Carry this word into the world
as you live this day.

