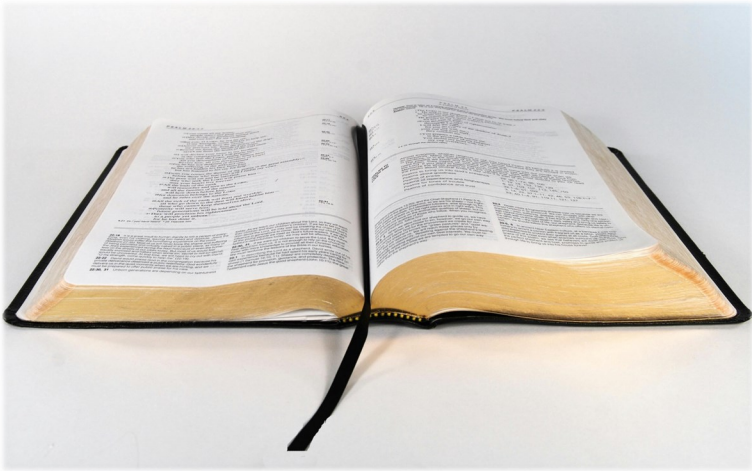


Lectio Divina

July 11, 2024



What is Lectio Divina?

Lectio divina comes from Latin, meaning “divine reading”. It is a method of praying the Scriptures. What better way to get to know God than by spending time with God’s spoken word?

Lectio divina combines a slow, conscious reading of a biblical or sacred text with contemplation and silent prayer. It is meant to promote communication with God.

During *lectio divina* we put aside thoughts of studying the text. We read with a willingness to enter into text in a “felt” sense. The purpose of this practice is to hear the word of God, in this moment.

How to practice *Lectio Divina*

Opening

Begin by finding a comfortable position where you can remain alert and yet also relax your body. Bring your attention to your breath and allow a few moments to become centered. If you find yourself distracted at any time, gently return to the rhythm of your breath as an anchor for your awareness. Allow yourself to settle into this moment and become fully present.

First Movement – *Lectio*: Settling & Shimmering

Read your selected scripture passage or sacred text once or twice through slowly. Listen for a word or phrase that feels significant right now or is capturing your attention, even if you don't know why. Gently repeat this word to yourself in the silence.

Second Movement – *Meditatio*: Savoring & Stirring

Read the text again. Allow the word or phrase which caught your attention in the first movement to spark your imagination. Savor the word or phrase with all of your senses, notice what is evoked. Then listen for what images, feelings, and memories are stirring. Welcome them in. Savor and rest into this experience.

Third Movement – *Oratio*: Summoning & Serving

Read the text a third time. Listen for an invitation rising up from your experience of prayer so far. This invitation may be a summons toward a new awareness or action.

Fourth Movement – *Contemplatio*: Slowing & Stilling

Move into a time for simply resting in God and allowing your heart to fill with gratitude for God’s presence in this time of prayer. Slow your thoughts and reflections even further and sink into the experience of stillness. Rest here for several minutes. Return to your breath if you find yourself distracted.

Closing

Gently connect with your breath again and slowly bring your awareness back to the room, moving from inner experience to outer experience. Give yourself some time of transition between these moments of contemplative depth and your everyday life. Consider taking a few minutes to journal about what you experienced in your prayer.

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Opening Breath Prayer

(breath in) ***I listen for words***

(breath out) ***that shimmer.***

(breath in) ***I receive***

(breath out) ***the invitation***

Romans 8:35, 37-39

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Lectio—Settling & Shimmering

What word of phrase caught your attention?

Meditatio—Savoring & Stirring

What images, feelings, and memories are stirring?

Oratio—Summoning & Serving

Speak to God of your feelings and insights. Offer these to God.

Contemplatio—Slowing & Stilling

Rest in the presence of God and allow yourself to simply be.