

Lectio Divina

Begin with a prayer
inviting the
Holy Spirit to guide your
reading
of the Scripture.

lectio: read

Read the passage slowly and deliberately. Underline any words or phrases that seem to stand out to you. Pause for a few moments and re-read the passage. Repeat this three or four times.

meditatio: meditate

How do these words/phrases apply to your life? What is God saying to you about your life in these words?

oratio: pray

God gave you these words/phrases, turn them into a prayer and speak back to God.

contemplatio:

contemplate

Let the words/phrases melt away - simply look at God in love as He looks at you in love. Simply rest in his loving gaze.

actio: action

Share the fruit of your prayer with the world. How is God calling you to act in light of what you received in prayer?