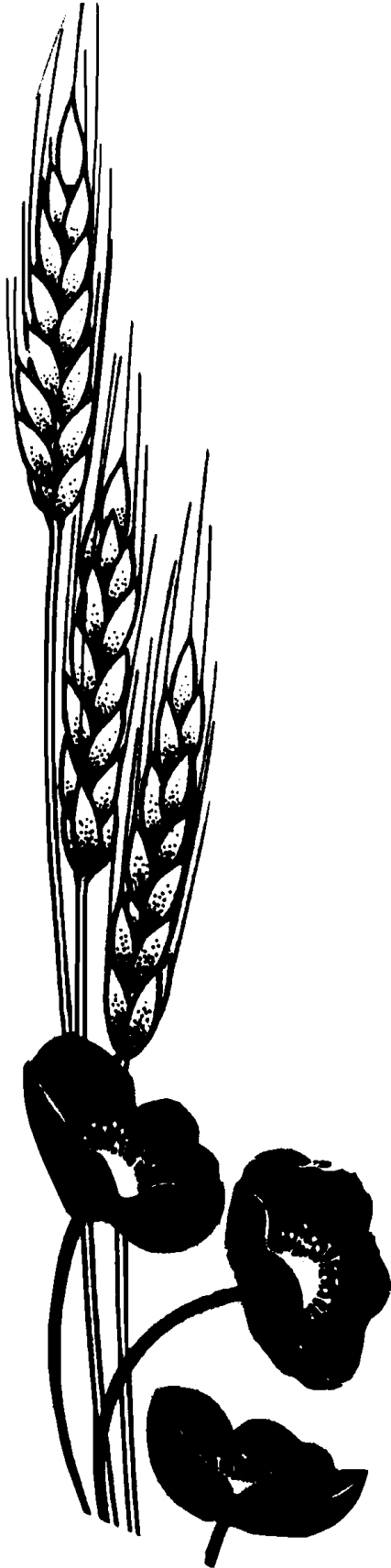


LECTIO DIVINA~A Monastic Approach To Prayer



This prayer might also be called “holy reading” or “reading under the eye of God”. You may want to begin with texts you are familiar with; this type of prayer is not intended to introduce you to something new. Our purpose in “holy reading” is to absorb the Word in depth.

There are four movements and sometimes we move back and forth in them. Time intervals suggested below are only suggestions and not rigid rules.

1. Lectio (Reading the Scripture)

Quiet yourself exteriorly and interiorly. Read the Scripture and listen to God’s Word in your heart. (Quiet time 1-2 minutes)

2. Meditatio (Meditate on the Scripture)

Read the Scripture again, letting it speak to you. See if any word or phrase stands out. Ask: “Lord, What do you want me to learn from this passage today?” (Quiet time 3-4 minutes)

3. Oratio (Pray with the Scripture)

Read the Scripture a third time. Let your heart speak to God about the passage and how it seems to be touching your life today. Remember God loves you and invites you to closeness. (Quiet time 4-7 minutes)

4. Contemplatio (Rest with the Scripture)

Read the Scripture once more. Let go of thoughts, simply rest in God with the fruit of the above steps. Perhaps a word or phrase will stand out. Use it to bring you back to resting in God should you stray away. This is time for centering prayer. (Allow about 20 minutes for centering). You may want to journal after this prayer

Personal and Group Lectio Divina

I. **Lectio-Reading the Scripture**

- ◆ I quiet myself before the Lord, making a simple act of faith, thanksgiving and praise...centering for a few moments
- ◆ Read the Scripture passage slowly (twice) aloud if in a group
- ◆ Become quiet again...a certain line, phrase, word may catch your attention...stay with it, repeating it slowly as a mantra... letting it become quietly a part of your being (if you are in a group, share your phrase aloud... not over and over but once)

II. **Meditatio-meditate on the Scripture**

- ◆ Read the passage aloud again, slowly (in a group, read it aloud). If in a group, a different person reads the same passage.
- ◆ Again, become quiet. Where does the content of this reading touch my life today? (If you are in a group, share your insight when and if you feel called to).

III. **Oratio- pray with the Scripture**

- ◆ Read the scripture a third time slowly. If in a group, a third person reads aloud
- ◆ Become quiet again...Listen for what God is calling me to at this time...today, this week, and respond in prayer, peace adoration. Time for silent prayer with the Word.
- ◆ Share aloud: at somewhat greater length the results of each one's reflection. Be especially aware of what others share. If alone journal your prayer.

IV. **Contemplatio- rest with the Scripture**

- ◆ In the final reading, let the words fall on your heart like gently falling rain. Simply be in the presence of God and the presence of the Holy word with openness to be changed by them. After full sharing, pray for the people in your group or one other person (the person to your right or left) or the group may choose to close with the Lord's Prayer.

Note: Anyone may pass at any time. If you wish to pray silently, (if in a group), just state so aloud. Then say "Amen" when finished.