

Lectio Divina

You will read through the passage four consecutive times focusing on a slightly different question and experience each time. Each reading will be followed by two minutes of silence.

PREPARE (SILENCIO)

Go to a quiet place alone. Settle down into a comfortable position, deep breathe and relax. Take two minutes to close your eyes and allow yourself to become consciously aware of God's presence with you. Choose a focusing prayer during your silence such as "I am listening Father," "Come, Lord Jesus," or "Here I am Lord."

READ (LECTIO)

Read aloud or silently, inviting the Holy Spirit in. Read slowly to give room for the scripture to settle into your heart. Listen for the word or phrase the Lord is directing to you.

Repeat this word either silently or aloud allowing it to sink in.

REFLECT (MEDITATIO)

Read the passage again. How is my life touched by this word? Put yourself into the scripture and allow it to infiltrate your life. Engage your senses, imagine what you see, feel, smell or taste as you enter in.

Share aloud in the silence if you're willing.

RESPOND (ORATIO)

Read the passage slowly a third time. Allow yourself to be touched by God's word. God, what are inviting me to respond to or act on based on what I have encountered? Spend time in prayer silently or aloud conversing with God around the feelings the text may have brought up or how you feel called to respond.

REST (CONTEMPLATIO)

Read the passage a final time. Rest in silence and lovingly receive the Word and presence of God. Lean on his goodness and truth. Listen to his comforting voice. Enjoy the experience of being with God. *Thank you, Lord.*

RESOLVE (INCARNATIO)

Take another two minutes of concluding silence. Slowly emerge from your experience in scripture prepared to re-enter life with others. Take the word, image, and/or truth the Lord brought to you to live out the Word of God (Incarnate). Allow the scripture to linger in your heart throughout your days.