

# LECTIO DIVINA

## PRAYERFULLY READING AND REFLECTING ON SCRIPTURE

1

*WAIT*

*Silencio*

As you prepare to spend this time with Jesus, take a few moments to be still.

Allow your body, heart, mind and soul to settle.

Take a few deep breaths and simply pray 'Come Lord Jesus'.

You might like to use a breathing prayer at this time

*Lectio*

*WHAT*

Pray - Ask God to speak to you as you read the passage.

Read the passage for the first time.

What word or phrase stands out to you?

For now simply notice those words.

2

*WHY*

*Meditatio*

3

Pray - Ask God to show you what He is saying to you

Read the passage for a second time.

What might God be saying through the words that have particularly stood out to you today?

Spend time listening to God.

*Oratio*

*SO WHAT*

Pray - Ask God to help you consider your response to what He is saying to you.

Read the passage for a third time.

What does this mean for you today?

What might your response look like?

Spend time listening to God.

4

*WAIT*

*Contemplatio*

5

Pray - Thank God for speaking to you today

Read the passage for a fourth time.

In this final reading, simply enjoy the words and the chance to spend time in God's presence.

Take a few minutes to simply sit with God and know His love for you today.