

## How to Do *Lectio Divina*<sup>1</sup>

*Note that the time frames listed below are just rough estimates. Steps may take you more or less time.*

### Get Ready (3 minutes)

- Find a place where you can be quiet and undisturbed.
- Invite the Holy Spirit's presence.
- Choose a brief passage of Scripture.
- Quiet your heart, sit in silence, and ask God to meet you as you encounter his Word.
- Invite the Holy Spirit, who inspired the Bible, to make its message clear to you and speak to your heart.

### Read the Passage (5 minutes)

- Read the passage slowly. Stop and notice each word.
- Read the passage again slowly, *but this time read it out loud*.
- Make the passage personal. Insert your name or a personal pronoun (for example, *me* or *my*) into the text to make it your own.
- Listen for the still small voice of God as you read.
- Be aware of any words or phrases that catch your attention.

*Remember, it's not up to you to get God to speak to you. He is more than able to do so as He chooses.*

### Reflect on the Passage (10 minutes)

- Meditate and reflect on any words or phrases that attracted you or caught your attention. Think about it and consider what meaning it may have for you.
- As you meditate and reflect, listen to God and allow him to speak to you.
- Pay special attention to any memories or emotions that the word or phrase stirs up (for example, anxiety, fear, comfort, joy, longing, peace).

### Respond to the Passage (10 minutes)

- Ask God to show you why he caused a word or phrase to catch your attention. What is he saying to you?
- Tell God about what you are hearing or feeling or about how the passage has affected you.
- Ask God about things you do not understand.
- Take time to sit and listen for God's response.

### Rest (5 minutes)

- Quietly rest in the presence of God. This is called *contemplation*.
- Simply be with God, resting in the one-of-a-kind, unconditional love that God has for you.

### Return to the Passage

- As you go through your day, keep returning to the passage and your reflection on it.
- Find ways to integrate the word into your life.

## Questions Related to *Lectio Divina*

1. Which word or phrase has caught my attention?
2. What is my response to that word or phrase?
3. How does this apply to my current life circumstance?
4. What do I sense God inviting me to in this reading?

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<sup>1</sup> Adapted from Charles Bello, *Prayer is a Place*.