

Lectio Divina

Lectio Divina is an ancient spiritual practice from the Christian monastic tradition. Its title derives from the Latin words meaning reading and divine/holy (a divine reading). In Lectio Divina, we seek to experience the presence of God through reading and listening, meditation, prayer, and contemplation. Lectio Divina can be practiced both by individuals and in groups.

Pick a passage of Scripture that focuses on what you want to pray about.

- **Preparation** – Have participants find a quiet place to pray where they won't be distracted or interrupted. They can take whatever posture allows them to be most comfortable and able to focus on listening.
- **Silence** – Once you've found a place to pray, take a moment to merely rest, relaxing in God's presence. With each breath, become more aware of God's love. Say a simple prayer offering the practice to God and welcoming whatever the Holy Spirit has for you or the participants (**example: Be still and know God. Be still and know. Be still.**).
- **Reading** – Read the passage slowly to get oriented to the text. Read the passage slowly again and have the participants listen for a word or phrase that stands out to them.
- **Oration** – Once a word or phrase stands out, consider having the participants share it.
- **Meditation** – Spend time praying allowing the Spirit to speak to you about the word or phrase that was highlighted for you. This word or phrase should touch all the emotions and questions that arise.
- **Contemplation** – Read the passage slowly again and allow the participants to simply rest in God. Have them lay down all of the insights, words, and images they've encountered and simply dwell in the presence of God.
- **Closing** – Close with a prayer thanking God for His willingness to open Scripture up for us to better understand and apply to our lives.