

## **Lectio Divina – “Divine Reading”**

Is an ancient method for praying with scripture. It is a method that helps us become open to hearing the words afresh as a personally enlivening and transforming word from God. This method helps us to come to know Christ as a friend and enter into the text by way of prayer.

**How to practice:** The practice includes slowly reading through the same scripture passage a total of three times while pausing to reflect on what is standing out about the words and allow them to enter your heart for prayer. This can be practiced with any scripture passage but here is a good one to get you started.

**(reading) First Reading:** Read the text slowly aloud or silently, paying attention to what catches your attention, a word, a phrase, an image. Make note of what is lingering in your mind.

**Pause:** You can keep these words in your mind or write them down if that is helpful.

**(mediating) Second Reading:** Reread the text while keeping the word, phrase, or image you selected in your mind. Pay attention to any meaning/memories, stories or further images it brings to mind as you read it again.

**Pause:** Keep the words before you, you may even want to draw or write what they make you feel.

**(praying) Third Reading:** Read the text for a third time and ask yourself, what is the invitation you are receiving from these words or images? Do you feel a sense of affirmation, or of being challenged? What is God saying to you or calling you to?

**Pause:** Spend time in prayer with these questions or continuing to think about the scripture.

**(contemplating) Silence:** Allow yourself to rest in God's presence, in your invitation, sink into the silence and the love God has for you. <sup>i</sup>

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<sup>i</sup> Adapted based on a handout from Oasis Ministries for Spiritual Development.