

A Guide for Lectio Divina

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Beginning Jesus Christ is revealed to us through His holy Word, whenever we read the Scriptures or hear them proclaimed at Mass. Through Him we come to know the Father. (T-07136A-CW-V2J)

Have your scripture passage ready in front of you and become comfortable with it. Read it over a few times to get past any questions that arise about meaning. Invite God to speak to you through the text. Ask for openness. Let yourself settle into an expectant stillness.

This kind of prayer has three 'phases' that you move between as you feel drawn: lectio (reading), meditatio (meditation) and oratio (prayer).

Lectio

Read slowly and gently, listening with your heart to the words. There is no need to rush. No need to get to the end of the passage. When a particular word or phrase strikes you and seems to have some savour, linger with it ...

Meditatio

... let it into you. Pause with it. Let the word or phrase resonate. Repeat it to yourself, relish it, let it echo and soak into you until the 'flavour' begins to go, then ...

Oratio

... let yourself respond in prayer, in words from the heart, or a space full of silence, or spontaneous, unspoken feeling. Whenever the moment feels ripe, begin to read again ...

Ending

When you are ready, mark the end of your time of prayer with some closing gesture or words of prayer. Afterwards you might want to make a note of anything that seemed significant.