

# *lectio divina*

DIVINE READING

# The 4 movements of *lectio divina*:

<i>lectio</i>	read	Read
<i>meditatio</i>	meditate	Reflect
<i>oratio</i>	pray	Respond
<i>contemplatio</i>	contemplate	Rest

## The 5<sup>th</sup> Movement of lectio divina:

### ▶ Action:

-acting on what you gained from the first 4 movements

How do pray *lectio divina*?



# Homework for the week:

**Do *lectio divina* with the following 4 gospel passages this week:**

- ▶ Matthew 5: 43-48 (Love Your Enemies)
- ▶ Matthew 6: 25-34 (Do Not be Anxious)
- ▶ Matthew 7: 1-5 (Do Not Judge)
- ▶ Matthew 8: 5-13 (Healing of Centurion's Servant)

Write about your experience of lectio in your journal. How did it go?  
Challenges? Successes? Questions?