

# How to practice Lectio Divina

## **Select a Scripture passage**

Before starting your prayer, select a passage from Scripture to use for your Lectio Divina. It can be from the Old or New Testament, but it shouldn't be too long. The length of a reading from Mass works well. Often, people choose to pray with a reading from the day's Lectionary or the Mass for the upcoming Sunday.

## **PREPARE FOR PRAYER**

Before entering into the prayer, prepare yourself physically and mentally. Begin by sitting comfortably, placing both feet on the ground, with posture upright and hands open on your lap as if waiting to receive a gift from God. Then, abandon any agenda, worries or thoughts you bring to this prayer and entrust these things to the providence of God. Ask for the grace to be receptive to what God will speak to you through this Scripture reading.

**Read** (lectio) - Slowly and meditatively read your Scripture passage out loud.

- Listen for a particular **word** or **phrase** that speaks to you at this moment and sit with it for a time.

**Meditate** (meditatio) – Read the same passage a second time, even slower this time.

- As you re-engage the text, let the word or phrase that stood out become your invitation to dialogue with God.
- Allow the word or phrase to wash over you and permeate your thoughts and feelings.

**Pray** (oratio) – Read the text a third time, even slower still.

- What is God saying to you in these words?
- What do you want to say to God? What feelings do these words raise up in you?
- Share your answers with God.

**Contemplate** (contemplatio) - Read the text a final time.

- As you do, release the word or phrase you have been praying with.
- Be still and rest in God's embrace.
- What gift has God given you to take away from this prayer?
- To what action might God be inviting you?
- Thank God for this gift and invitation as you conclude your prayer.