

Lectio Divina:

Sacred/Holy Reading

Lectio Divina: the devotional use of the Bible. One approaches the Bible believing that it is God's Inspired Word—a living and active text with something to say to every believer. Lectio Divina assumes that by entering deeply into the text of God's Holy Word, God will be made known to us, speak to us, and direct our lives.

4 Steps:

Lectio: (reading) Read text slowly and deliberately a few times. Listen deliberately. See if there is a certain word or phrase that rises above the rest of the text and grabs hold of you.

Meditatio: (meditation) Meditate (think deeply) about the emotions or feelings the text (that certain word or phrase) conjures up within yourself. Feeling such as: joy, sorrow, fear, satisfaction, isolation, anger, peace, etc... See what mental pictures come to mind during this time.

Oratio: (prayer) Deliberately ask God what He is trying to show you. Ask him what the feelings or emotions you are having mean. Talk/converse with him about what you are experiencing.

Contemplation: (contemplation) This final step is the most difficult to describe and the most difficult to achieve. “True contemplation moves beyond words and intellect and into that ‘thin space’ where time and eternity almost touch.”

