

A Short Guide to *Lectio Divina*

From *Discover Your Spiritual Type: A Guide to Individual and Congregational Growth* by Corinne Ware (Bethesda, Md.: Alban Institute, 1995). Used by permission.

Select a scripture passage.

Lectio: Read the passage carefully, getting the sequence and detail without thinking too much about the meaning. Imagine the time of day, season of the year, smells of the land, sounds of the countryside, the human touches—all the elements that would make this scene real to you. Transport yourself into the setting using your imagination.

Meditatio: Read the scripture again. Why is there a record of this particular event or saying? What is the significance of this passage in the large scheme of things? What does this piece mean? How does that affect an understanding of God? Of conduct? Do you see yourself in any of the characters in the passage?

Oratio: Allow your feelings to surface as you read the passage again. Do you feel happy, sad, angry, or guilty? Silently or verbally talk this through with God; tell God what you feel about what you have read. Comment in your prayer on anything in the passage to which you respond.

Contemplatio: Sit quietly, breathe deeply and regularly, and let your mind go blank. As you quiet your inner self, simply listen in your heart. If you receive some impression or thought, quietly notice it; then focus your attention on remaining open. If you have no thoughts or impressions, return your mind to the scripture passage. After a while, open your eyes, rested.