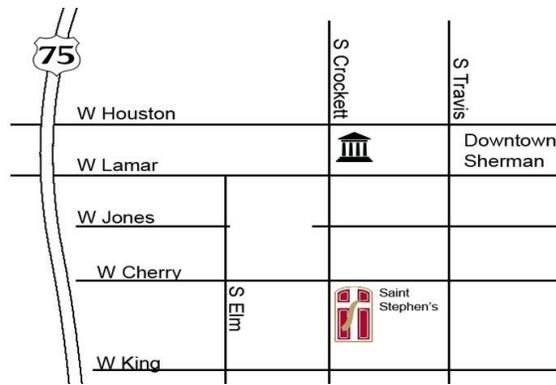


## What is it?

Lectio Divina is a Latin phrase which means “Divine/Sacred Reading” and comes from Medieval Monastic spiritual practices. At core it’s merely a organized method for approaching the Bible as a means of devotion.

The Bible is not just another book, but is a divinely inspired document (1 Timothy 3:16) and is the means by which God still speaks to us the Spirit guides the Church in its interpretation. (BCP 853-4) Not being just another book, we Christians do not approach the Bible as if it was just a human work, but instead as a divine work and way to connect with our Creator.

Practices such as Lectio Divina recognize this fact by using the Bible as a means through which to hear from God and have a relationship with our Lord and Savior, Jesus the Christ. At the end of the day, however, this is just a practice developed by the Church and so is optional. It’s ok if this method doesn't work for you — like any spiritual discipline they are all just tools, a means to an end. The end is always Jesus as he has been reveled by the Scriptures of the Church, so as long as you get to him the method isn’t as important!



401 S. Crockett, Sherman, TX

(903) 892-6610

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[Sunday Christian Education](#)

Christian Formation (All Ages) 8:30<sup>AM</sup>

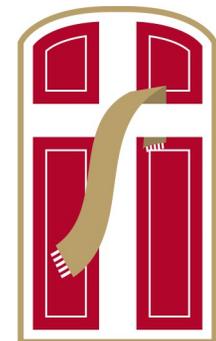
[Sunday Worship](#)



**Historic Faith**

**Sustaining Love**

## LECTIO DIVINA



**ST. STEPHEN'S**  
EPISCOPAL CHURCH  
TO BE FULL OF FAITH AND THE HOLY SPIRIT (ACTS 6:5)

# Method

The practice is divided into four parts:

## Reading (Lectio)

Reading is exactly as sounds, just reading the text over and over. This can be done as a very simple Bible Study by still asking questions such as who, what, when, how, and why. Reading here is seeking to really understand the text and observe every word in the passage.

## Meditation (Meditatio)

Christian Meditation (and Christian Mysticism itself) is not properly either a time of “turning our minds off” nor of “becoming one” with Creation or God by losing our personhood. As to the later, remember that as creatures we are eternally distinct from the Creator, God. Meditation in the Christian sense is more intense ruminations. It’s a focus on specific words and phrases and allowing the mind to hone in on small details in the text as we let the Spirit guide us to see and understand those details.

## Prayer (Oratio)

Prayer in the context of Lectio Divina is praying the text back to God. God has spoken through it, and so we now have God’s own words to speak to God. This is a place where you can consider keeping a prayer journal and writing a prayer based on the passage.

## Contemplation (Contemplatio)

Contemplation has two parts: the immediate time of entering into a time of contemplation and also a more long term take away from the session. Contemplative prayer is a time to let God speak to you. The mind is not “turned off”, but we are silent as we allow God to work through his Scripture we’ve meditated. It can also involve some verbal prayer, perhaps an image comes to mind based on the text — which is an opportunity for a quick prayer before continuing. At the end think about a short phrase or idea that summarizes the session so you can keep it on your mind and heart throughout the next several days.

# Guide

## Basic Guide for a Session

Start with the Collect for Purity, BCP pg. 323

## Reading (Lectio)

1. Read the passage through slowly several times for about one minute. Observe the text.
2. Do another series of read throughs, paying attention to who, what, when, how, and why.
3. Use your senses, imagine being there (narrative) or being in the context when this was written or said.
4. Do another read through several times, allowing yourself to feel the text. What emotions does it invoke good or bad?

## Meditation (Meditatio)

1. Now read through the text without feeling the need to read it all. Let your mind focus and wander on specific words or phrases. If a word or phrase hooks you then ask God why and stay focused on that part of the text.
2. Close your eyes and let those parts linger. Ruminates on them, repeat them in your mind.
3. Revisit your imagination from Lectio.
4. Do this for at least three to five minutes.

## Prayer (Oratio)

1. Take the passage to God in prayer, thank him for what was shown, and talk to him about the parts that caught your attention and why.
2. Turn the passage itself into a prayer.
3. Spend several minutes in prayer with God.

## Contemplation (Contemplatio)

1. A good way to begin contemplative prayer is by the “Jesus Prayer”, repeating “Lord Jesus Christ, Son of God, have mercy on me a sinner”.
2. Then spend a solid at least five minutes in silence, keeping your mind on God and letting God work in you to guide you in what you learned from his Scriptures.
3. Finally, end with the Lord’s Prayer and think of a simple take away phrase or idea to ponder the next few days.