



Lectio Divina

Let's consider the formal steps. You may want to use a response or prayer journal. To begin, select a scripture passage. You may want to use one of the readings from the daily Mass or the upcoming Sunday Mass. You may practice Lectio Divina alone, with someone or a group. The first step in Lectio Divina is to open with a short prayer, asking God to guide your prayer time. Then do the following:

Read.

Slowly and thoughtfully, read the Scripture passage the first time. What word or phrase captures your attention and grabs your heart? Linger with it whenever this happens.

Reflect.

Slowly and prayerfully, read the passage again. What is God saying to you in this passage? offering you? asking you? What feelings are arising within you?

Respond.

Slowly and prayerfully, read the passage again. Respond to God from your heart. Speak to God of your feelings and insights. Offer these to God.

Rest.

Possibly read the passage another time. Sit quietly in God's presence, asking, "What are you saying to me?" Rest in God's love and listen.

As you end your prayer period, you might close with an Our Father or another short prayer. It might be helpful to jot down in a journal what arose during this time. What did you speak to God, and what did God offer you?