

MEDITATION WITH LECTIO DIVINA

Lectio Divina is a way of praying with scripture. First introduced by Gregory of Nyssa in the 4th Century, *lectio divina* means “divine reading” in Latin.

To do lectio divina, choose a passage of scripture to read three times. Although it can be used with any scripture, the psalms are a great fit.

Many people find it easier to listen if someone else is reading the scripture. You can accomplish this by doing *lectio divina* with a friend or family member, or using an audio Bible app or online recording.

READING (*LECTIO*)

The first time you *read* the scripture, listen for word or phrase that stands out to you. Don’t think too hard about it. Don’t try to figure out what you *should* hear. Just listen.

After reading, take a moment or two to hold onto that word or phrase. Lock it into your mind and body.

REFLECT (*MEDITATIO*)

As you read the passage again, *reflect* on what you believe is God saying to you in the word or phrase that stood out to you. Don’t slip into Bible study mode. Don’t think about the moral of the passage. Just listen for what God saying to you right here, right now in that small part.

After reading, take a moment or two to process what you’ve heard.

RESPOND (*ORATIO*)

As you read this final time, *respond* by considering how God might be moving you at this time. God could be prompting you to engage in dialogue, nudging you to do (or not do) something, reminding you something that can help sustain you.

After reading, take a moment or two to let that urge settle into your mind and body.

REST (*CONTEMPLATIO*)

Now sit in the presence of God to speak, listen, and pray as you feel God moving you or as you feel you have need.