



### **MONDAYS: *Lectio Divina* Scripture Study**

*Lectio Divina*, a Latin term, meaning "divine reading," describes a way of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us. In the 12th century, a Carthusian monk called Guigo, described the stages which he saw as essential to the practice of *Lectio Divina*. The stages include reading (*lectio*) the Word of God, reflection (*meditatio*) on what God wants to give us, response (*oratio*) to God inspired by our reflection, and rest (*contemplatio*), listening to God at the deepest level of our being. In this way we can take what we read in the Word of God into our daily lives. The practice of *Lectio Divina* as a way of praying the Scriptures has been a fruitful source of growing in relationship with Christ for many centuries. The Word of God is alive and active and will transform each of us if we open ourselves to receive what God wants to give us. (from [ocarm.org](http://ocarm.org))