



We are #StrongerTogether as #NewmanUnited

Maybe you're experiencing a season of spiritual dryness or your faith feels weak or wavering as we enter this uncharted territory of social distancing and shelter in place. Perhaps learning a new spiritual practice will help ground you in your faith and rekindle the fire of the Spirit in your heart.

Lectio Divina is Catholic prayer method founded by St. Benedict. In Latin, Lectio Divina is translated "divine reading". It is sometimes described as reading scripture with the "ear of the heart."

Lectio Divina is a practice of reading, reflecting, responding and resting with sacred scripture.

Basic Steps for Lectio Divina

Begin your prayer time by calling the Holy Spirit to guide you as you read. You can say your own invocation prayer, or say this from Psalm 86: 11-12

"Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name. I will praise you, O Lord my God with all my heart; I will glorify your name forever."

1. **READ** a brief passage from scripture. Read the passage several times and take note of any word or phrase that particularly catches your attention.
2. **REFLECT** on the words or phrase that spoke to you. What do you feel God inviting you to in these words? What hope or encouragement do these words offer you? What next steps is God asking of you?
3. **RESPOND** in prayer to what you heard from God. Offer a prayer of praise or petition based on how the words have moved you. Share your heart with our Lord in prayer, responding to how His Word spoke to you.
4. **REST** in God and contemplate his love for you. Sit in silence and allow the presence of the Lord to fill your heart through His words. It may be helpful to journal what you felt and experienced at the end of your time in prayer.