

Lectio Divina



Lectio - "Read"

- Read several times, be attentive to detail
- Note verses or phrases that stand out to you
- Work to understand the meaning and background



Meditatio - "Meditate"

- Think about the reading and how it connects to you
- Imagine being present - to be there - to hear the passage or witness the story



Contemplatio - "Contemplate"

- Quiet expression of love between you and God
- What is God trying to teach you through the passage and your time in prayer?



Oratio - "Pray"

- Dialogue with God in prayer about the passage
- Thank God for His Word
- Ask Him to lead you to deeper understanding