

# Praying With Scripture

**LECTIO DIVINA** (Lek-see-oh De-vī-na) *Latin*, Divine Reading

**Lectio is Christian meditation with the Bible. This is a very old tradition in the Church, going back to the early centuries of Christianity. The goal is to allow your life to unfold in the presence of God.**

## Materials:

- A Bible (New American translation is used at Mass)
- A notebook/journal to write down your reflections
- Watch this [video](#) for a short explanation from Fr. Josh Johnson

## The Five Steps of Lectio Divina

### 1. Lectio (Read)

- a. Read the passage several times, slowly paying attention to details
- b. Note the verses or phrases that stand out to you
- c. Journal Starters:
  - i. In this passage...
  - ii. My favorite verse was...
  - iii. I noticed...

### 2. Meditatio (Meditate)

- a. Think about the reading and connect your life
- b. Imagine being present to hear the passage or witness the story
- c. *Journal Starters:*
  - i. This reminds me of...
  - ii. If I were there...
  - iii. I can connect this story to...

### 3. Oratio (Prayer)

- a. Dialogue with God in prayer about the passage
- b. Thank God for His word
- c. Ask Him to lead you into a deeper understanding
- d. *Journal Starters:*
  - i. Dear Jesus...
  - ii. Thank you God for...
  - iii. Please help me understand...

### 4. Contemplatio (Contemplation)

- a. Quiet expression of love between you and God
- b. Note what God is trying to teach you through the passage and time of prayer
- c. *Journaling is optional at this point - the emphasis is on sitting in front of God*

### 5. Actio (Action)

- a. Taking a concrete step forward from prayer
- b. Ask if there is a desire for change on your heart
- c. *Journal Starters:*
  - i. This week I want to...
  - ii. In my prayer I felt called to...
  - iii. I want to make a better effort to...