



LECTIO DIVINA

An ancient practice in which one listens for God's voice in Scripture.

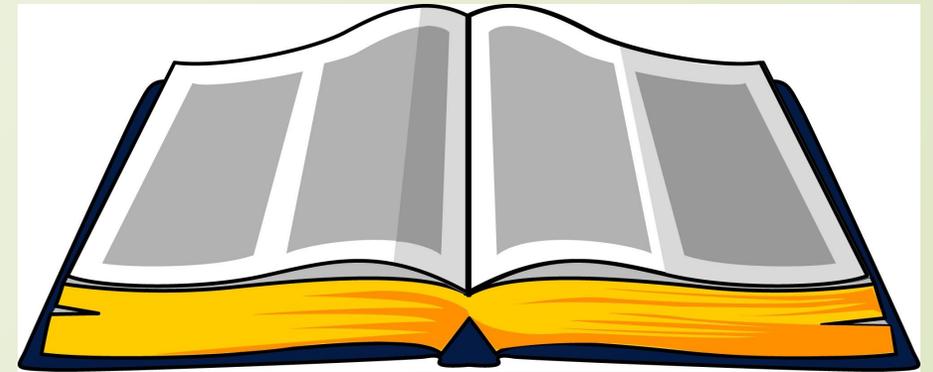


Step 1: Select a Scripture passage.

- Suggested passage for today: Isaiah 55:1-3a
- All you who are thirsty,
come to the water!
You who have no money,
come, buy grain and eat;
Come, buy grain without money,
wine and milk without cost!
Why spend your money for what is not bread;
your wages for what does not satisfy?
Only listen to me, and you shall eat well,
you shall delight in rich fare.
Pay attention and come to me;
listen, that you may have life.
- BREATHE. RELAX. BREATHE AGAIN.

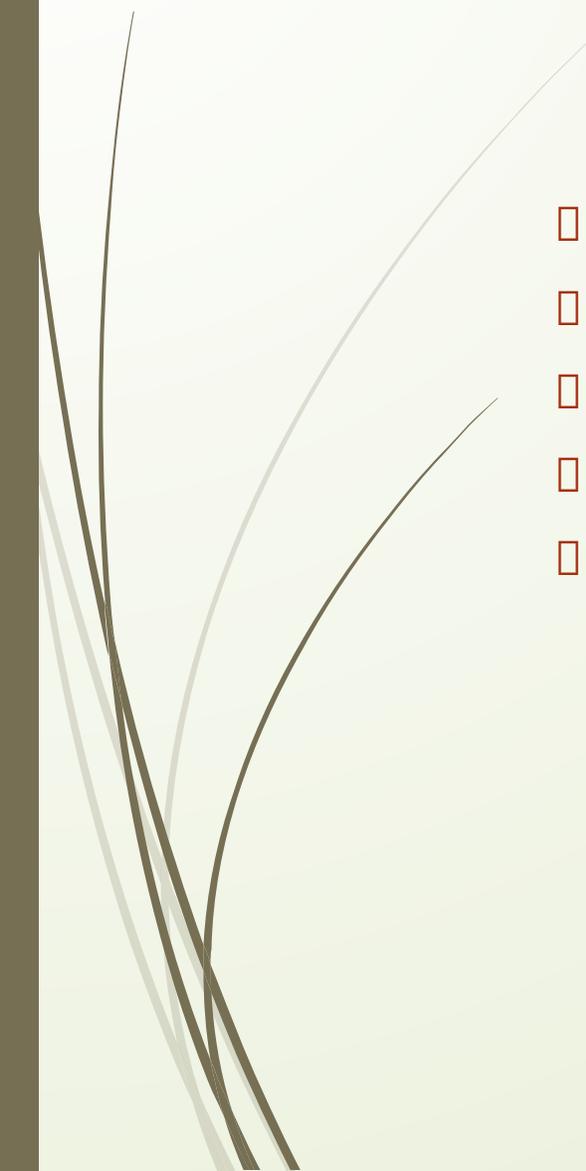
Step 2: **Read the passage** preferably out loud — two or three times.

- note the word or phrase to which your attention is being drawn
- If nothing stood out to you, read the passage a third time.



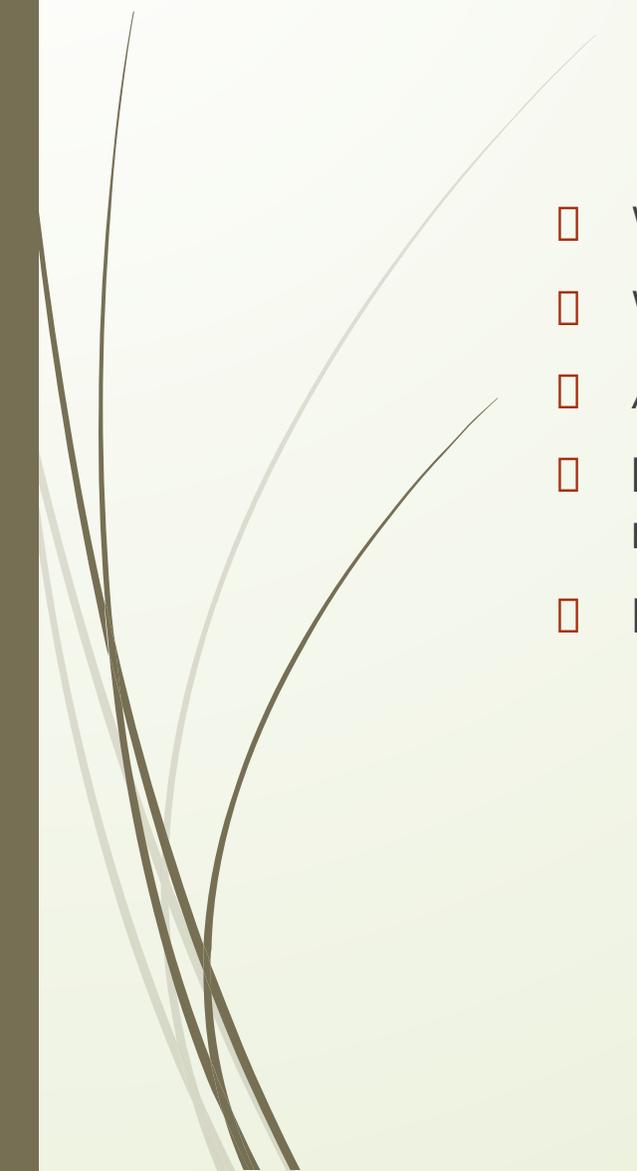


Step 3: **Meditate on the word**

- How is God speaking to you through this word or phrase?
 - Is there an invitation? Is there a call?
 - Does a memory surface?
 - What image comes to mind?
 - What feelings are evoked?
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Step 4: Respond to God

- What is your response?
 - What is your prayer?
 - Allow your words to come from a place deep within where the Spirit dwells.
 - If distractions come, offer them to God. There is no “technique” here, nothing that you need to do perfectly. Ask the Holy Spirit to help.
 - Relax. Breathe in God’s Love.
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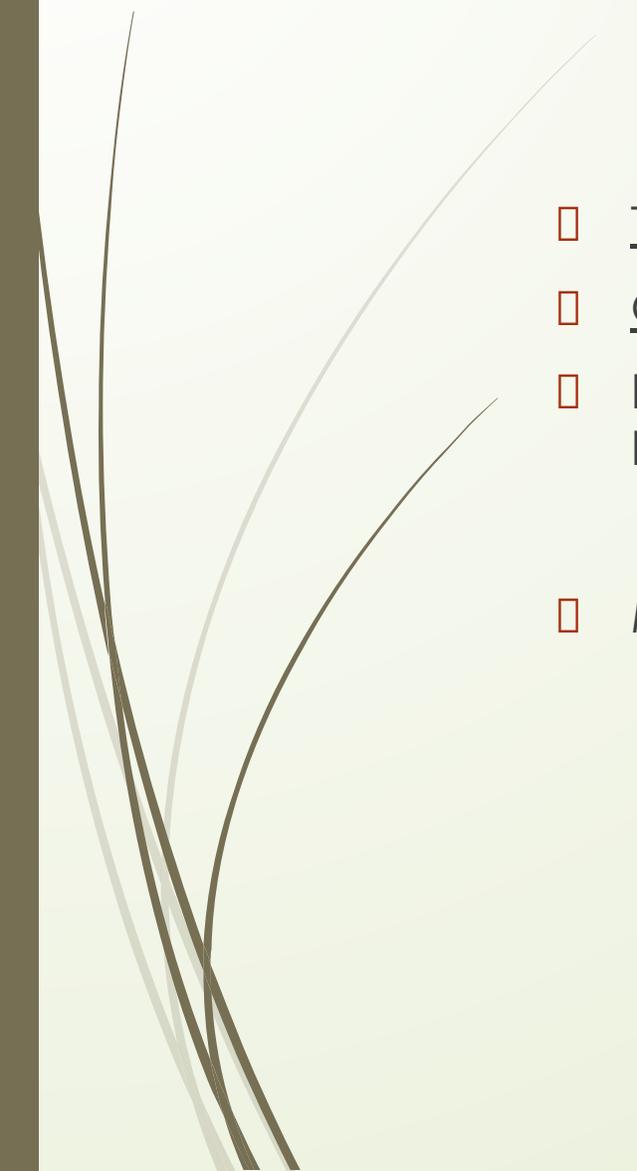


Step 5: Still yourself

- Eliminate expectations.
- **REST in God.**
- Simply be present to the Sacred One. Savor the silence.
- Savor the Word or Phrase.
- Journaling can be a help to some people, to recall your phrase or word.
- Write the word or phrase that stood out to you on a little card and place it where you will see it throughout the day.



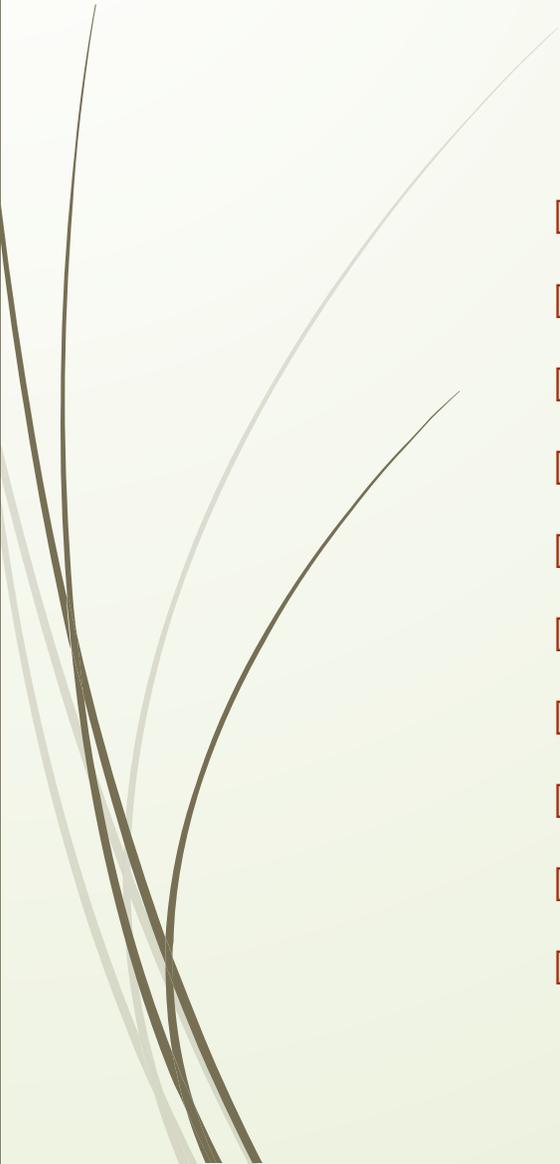
Sources and Resources



- Too Deep For Words, Rediscovering Lectio Divina, Thelma Hall, r.c.
- Give us This Day, Guide to Lectio Divina, Fr. Luke Dysinger, OSB
- Kathy Keary, "Contemplative Prayer: The Five Steps of Lectio Divina"
Precious Blood Renewal Center, Liberty, Missouri
- Matthew Kelly, I Heard God Laugh--Dynamic Catholic publication



“Praying” by Mary Oliver

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- It doesn't have to be
 - the blue iris, it could be
 - Weeds in a vacant lot, or a few
 - Small stones; just
 - Pay attention, then patch
 - A few words together and don't try
 - To make them elaborate, this isn't
 - A contest but the doorway
 - Into thanks, and a silence in which
 - Another voice may speak.