



Lectio Divina

Lectio divina (Latin for “divine reading”) is a contemplative way of reading the Bible that dates back to the early centuries of the Christian Church. Benedict established it as a monastic practice in the 6th century. It’s a way of praying the scriptures that leads us deeper into God’s word: we slow down, we read a short passage more than once, we chew it over slowly and carefully, and we savor it. Scripture begins to speak to us in a new way. It speaks to us personally, and aids that union we have with God through Christ who is himself the Living Word.

Process



Opening prayer.

10-15 minutes of silence and centering prayer.

**Read passage aloud. Read passage again.
What word or phrase speaks to your heart?**

Share selected word or phrase.*

Read passage again.

Short sharing (2 to 3 min.) of why word or phrase speaks to your heart.*

Read passage again.

Offer prayer.*

Read passage again.

Sit in silence for 2-5 minutes of contemplation.

***All sharing is optional.**