

## **LECTIO DIVINA**

### **1. LECTIO/ READING**

Read the scripture.

Gather the facts.

"Listen" to God's word.

Allow one to two minutes of quiet time.

### **2. MEDITATIO / MEDITATION**

Read the scripture again.

Let Jesus speak to you.

Reflect on the message.

"Lord, what do you want me to learn from this passage today?"

Three to four minutes of quiet time.

### **3. ORATIO /PRAYER**

Read the scripture a third time.

Let your heart speak to God.

Trust God enough to become emotionally involved.

Spontaneous prayer.

Four to seven minutes of quiet time.

### **4. CONTEMPLATIO / CONTEMPLATION**

Read the scripture a final time.

Sit quietly and allow the Holy Spirit  
to speak to your heart in and through the silence.

Five minutes more.

## **IGNATIAN REFLECTION**

Read the story slowly, either silently or aloud.

Close your eyes and breathe deeply, slowly, until you are relaxed and calm.

Picture the scene. Begin with the details in the text. Let your imagination fill in the blanks.

Let the scene come alive. Who is there? What's happening? What are the sounds? smells?  
Actions?

Place yourself in the scene. Where are you? Why? What are you doing? feeling?

Focus on Jesus. Watch him carefully. What is he doing? saying? How is he feeling

Choose a sentence to dwell on—something Jesus says or does. See him turn toward you.

Rest in the company of Jesus. Breathe slowly, deeply. Let this be your prayer

## **BREAKING OPEN THE WORD**

Proclaim

Personal Response

Dialogue with Scholarship

Dialogue with Tradition of the Church

What does this Scripture demand of me, of church?

## **GROUP REFLECTION**

Invite people to listen to the reading, listening for the word or message that God has for them.

Read (or have someone else read) the passage, slowly.

Allow for a minute or so of silence.

Invite the members to share briefly what they heard the reading say to them—a word or phrase or image that struck them. They don't need to explain it. After everyone has had a turn, read the reading aloud again.

Ask: What does this stir up in you? What memories, thoughts, concerns, fears, joys, questions does it bring to mind? Allow time for discussion. Be prepared to ask prompting questions if the discussion lags, but don't push. This may also be the time to ask if anything they heard in the preaching or read in their own preparation comes to mind.

Invite people to offer prayers for whoever or whatever comes to mind from their discussion.