

LECTIO DIVINA

Lectio (Reading)

In the first phase of *lectio divina* we understand what the passage we are reading says in itself. What words do we hear that resonate with us? What phrases stand out? What do we hear in the passage?

Meditatio (Meditation)

In the meditation phase of *lectio divina*, we ask, *what does this text say to me, today, and to my life?* We allow God to pull up certain memories of people, places, and events in our lives that relate to the passage we are reading. What feelings are triggered by the passage?

Oratio (Prayer)

Through a meditation on Scripture, we experience an intimate encounter with God that leads us to respond in prayer. Having met our Lord in his holy word, we courageously speak to God in our own words. In this way we consider prayer to be a simple conversation with God. What do I have to say to God in response to the Word?

Contemplatio (Contemplation)

When we encounter God's word, we open ourselves to the transformative word of God/ What is God asking of me? What do I feel convicted to do because of this passage of scripture?

These 4 steps are the traditional steps of the Lectio Divina process. The next step is what happens having been convicted and transformed by the Word.

Actio (Action)

How do we go forth and serve God and our neighbor because of the study of scripture we have done?