

Lectio Divina

Lectio – Reading

Divina – Sacred

Every word of the Bible is part of God's communication with humans. Therefore, every word of the Bible is full of rich meaning.

The Bible deserves to be read prayerfully.

In Lectio Divina we pray/read a Bible passage five times.

Choose a Bible passage (Readings of Mass are a good length. The Gospels are the best place to begin)

How to pray Lectio Divina

- 1) Read the passage once out loud. Say nothing. Pause.
- 2) Read the passage a second time. What word or phrase “strikes” you? Pause.
- 3) Read the passage a third time. Why does that word/phrase strike you? Pause.
- 4) Read the passage a fourth time. Formulate a prayer. Pause.
- 5) Read the passage a fifth time. Say nothing. Listen to what God has to say to you.