

Lectio Divina



Lectio Divina is a reflective reading of scripture that leads us into the deeper meaning of scripture and the transformation of our lives.

Listen (Lectio)

Pause to open your heart and mind to the Spirit. When ready, read a short passage of scripture out loud, slowly, to become familiar with it.

After a brief pause, read the passage a second time. ***Listen for a word or phrase that captures your attention, interest, or imagination.*** Gently repeat this word to yourself in the silence.

Notice (Meditatio)

Read the passage a third time. ***Notice what images, feelings, or perceptions are stirring. What do you see? Hear? Taste? Smell? Feel? Sense? How does the text touch you?*** In the silence, notice and welcome what comes.

Open (Oratio)

Read the passage a final time, ***this time opening to invitation.*** In the silence, listen for God's invitation. Respond to God as you desire.

Rest (Contemplatio)

Sink into the experience of stillness and rest in the presence of God. Trust that God's grace is present in whatever you have experienced.

When practiced in a group, participants may share, at the end, what they noticed, received, or experienced. They may pass. Leave spaces of silence between each speaker to absorb what is said.

Lectio Divina
Reflection Sheet



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Listen (Lectio)

A word or phrase that captures my attention, interest, or imagination...

Notice (Meditatio)

Images, feelings, and perceptions...

I see...

I feel...

I hear...

I sense...

I taste...

I am touched...

I smell...

Open (Oratio)

I consider possible invitations...my response...

Rest (Contemplatio)

I sink into the experience of stillness and rest in the presence of God...