

Lectio Divina
Wednesday Morning
8:00-8:30am



Welcome and Lighting of Candle

Welcome to Lectio Divina: an ancient practice of praying the scriptures. This meditative way of reading scripture encourages us to listen, notice, open, and respond to the Word of God praying within us. In this practice we do not so much read scripture as scripture reads us. We come to the text not for information but for the transformation of our lives.

Lighting the candle, we pause to open to Spirit's illumination.

Listen (Lectio)

As the passage is read aloud a first time, simply become familiar with it. (*short pause*)

As the passage is read aloud a second time, *listen* for a word or phrase that captures your attention, interest, or imagination. In the silence, gently repeat this word to yourself.

Notice (Meditatio)

As the scripture is read aloud a third time, *notice* how the word or phrase touches or connects to your life. What images, feelings, or memories arise? In the silence, notice and welcome what comes.

Open (Oratio)

As the scripture is read aloud a final time, *open* to invitation. Is there an invitation to receive, rest in, or respond to? In the silence, open to God's invitation and to your heart's response.

Rest (Contemplatio)

As the hourglass turns and the singing bowl rings, rest in the presence (Word) of God.

Share

Coming out of the silence, you are invited to share to the center of the circle the word or phrase that has been dwelling in you.

Bless

May you be present,
grounded, and alive this day
to the Word of God,
dwelling in you.
Amen.