

LECTIO DIVINA

Choose a passage from the Bible. Get comfy and ask the Holy Spirit to help you pray. Be silent for a few moments . . . know God is near.

LECTIO Read the passage slowly, gently. Listen for the word or phrase that somehow says, "I am for you today." Stop when you hear that word or phrase.

Take that word or phrase and memorize it and slowly repeat it to yourself. Look at **MEDITATIO** it like you might look at an interesting shell you found on the beach. Let it get mixed up with your memories, thoughts, worries and ideas.

ORATIO When you are ready, speak to God. Talk to Him about what you learnt about yourself in the MEDITATIO. Talk to Him heart to heart. Give to God what you found in your heart.

Finally, just rest in God's arms. When you feel moved to return to the word or phrase, **CONTEMPLATIO** or to your heart to heart talk, do so. Learn to use words when helpful, and to let go of words when they are no longer needed. Be glad knowing God is with you in words and in silence.

You can, if you wish, go back to the passage many times, to read again, or to listen for a new word or phrase. Do not worry about how well you are "performing." LECTIO DIVINA has no other goal than that of being in God's presence by praying with the Bible.

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