

Lectio Divina

A Guided Way to Hear from God Through Scripture

What is Lectio Divina?

Lectio Divina is an ancient Christian practice of engaging Scripture not just for knowledge, but for communion with God. It means "Divine Reading" in Latin. The goal isn't to analyze, but to listen—attentively, slowly, and prayerfully. Through a series of movements, we allow God's Word to form our hearts and transform our lives.

Prepare (Silencio):

Begin by getting still and quiet. Set aside distractions and invite God's presence with a simple prayer. (Try: "Come, Holy Spirit.") Take a few deep breaths and ask God to calm your body, mind, and heart.

Read (Lectio):

Read the passage slowly, even out loud. Listen for what stands out—words, images, or a character. What grabs your attention? Don't rush. Just receive.

Meditate (Meditatio):

Read it again. Reflect on the word or image that stirred something. What might God be saying to you through it? Let your imagination engage. What connections can you make to your own life?

Pray (Oratio):

Let your reflection lead to a response. Talk to God about what came up—your questions, hopes, or needs. Offer a prayer of thanks, confession, or request. Be honest.

Contemplate (Contemplatio):

Now rest. No words. No agenda. Just sit with God in quiet trust. Let your soul be still and open. Simply enjoy being with God, who loves you deeply.

Practice

Now, give this a try once a week. Set aside just 15 minutes, breaking the five sections into simple 3-minute increments. You'll be surprised how powerfully God can speak in even just a few focused moments.