Lectio Divina
(lex-ee-oh dih-vee-nuh)
Jackie L. Halstead

Allowing scripture to read us

Lectio (read)
• Read short passage of scripture (1st)
• Instructions for second reading: “Listen attentively for a word or phrase that seems to be given to you, a word that draws you to it.”
• Read passage again (2nd)
• Silence (one or two minutes)
• *Invite members to speak aloud the one word or phrase that the Spirit has given them, without explanation or discussion.

Meditatio (reflect)
• Instructions for third reading: “Allow the spirit to bring to your mind and heart an experience or issue that you are facing right now that seems to connect you’re your word or phrase. Do not force it, just allow it to emerge.”
• Read passage again (same or different reader) (3rd)
• Silence (one or two minutes)
• *Invite members to briefly share where their word or phrase connects with their life right now

Oratio (speak/respond)
• Instructions for fourth reading: “Is God inviting you to do or be something in the next few days? Listen for an invitation.”
• Read passage again (same or third reader) (4th)
• Silence (two or three minutes)
• *Invite members to share the invitation they heard from God.

Contemplatio (release)
• Sit quietly and rest in God’s presence.
• Be present to God without the use of words.
• Silence (ten to twenty minutes)
• Invite members to share the invitation they heard from God.

*Optional