

Lectio Divina Method

Preparation (Silence). Take a moment to quiet yourself and ask the Lord to speak to you.

Read (Lectio). *Listen for the word spoken to you.* As you read the passage slowly, pay attention to the word or phrase that strikes you or catches your attention. Allow a moment or two of silence as you repeat the word or phrase to yourself.

Reflect (Meditatio). *How is my life touched?* Read the passage again and listen for how this passage touches your life today. How does this story connect with your story today? Allow several moments of silence as you explore the thoughts, perceptions, and sensory impressions that come to you.

Respond (Oratio). *What is the invitation here? What is my response to God based on what I have read and encountered?* Read the passage a third time. In silence the following, allow your prayer to flow as you have a personal dialogue with God sharing whatever has come forth from this reading.

Rest (Contemplatio). *Rest in the Word of God.* In this final reading, release and return to a place of rest in God.

Resolve (Incarnatio). *Resolve to live out the Word of God* as you carry this word with you into the context of your daily life and activity.