

# **LECTIO DIVINA**

(Divine Reading)

*“Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God. It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, as a means of communion with God...It is a matter of talking to oneself about God and oneself; it is, indeed, often a matter of arguing with oneself, reasoning oneself out of moods of doubt and unbelief into a clear apprehension of God’s power and grace.” -- J.I. Packer, Knowing God*

## **Silence (Silencio):**

Sit quietly, comfortable and relaxed. Breathe in and out slowly and quiet your heart and mind. In the stillness, become aware of God’s presence with you. Open your heart to receive whatever God wants to give you.

## **Read (Lectio):**

Read the portion of Scripture, listening with your heart. Read expectantly, aloud or in a whisper, letting the words wash over you, savoring them. If in a group, have different people read the word, you may hear it differently each time. Reread the passage several times.

## **Think (Meditatio):**

Think or meditate on what the scripture text says. Listen to hear the text as though it were addressed to you for the first time in the current circumstances of your life. Allow the Spirit to open your heart and mind to what you need to hear. Ask questions like “Where am I in this story? What part seems to be jumping out to me? How would I respond if I were part of the story?” Stay with any words or phrases that especially catch your attention. Become aware of the feelings that arise. Think about the words, feelings, thoughts or ideas that God brings to mind and “chew on” the text.

## **Respond to the Word with your heart (Oratio):**

Dialogue with God about the text. Share with God and/or others whatever feelings the text has aroused in you – feelings like love, joy, sorrow, anger, repentance, desire, need, conviction, etc. What difference does it make for my life as I respond to the message?

## **Yield to God (Contemplatio):**

Wait in silence before God. What has God been saying to you? Yield to whatever God is giving you, taking from you, doing for you, or changing in you. Just be. Do nothing. Be present with Christ and rest in his love for you.

## **Live out the text (Incarnatio)**

Allow God to work out his transforming power in your daily life. John Wesley said, “Whatever light you then receive should be used to the uttermost, and that immediately. Let there be no delay. Whatever you resolve being to execute the first moment you can.”



