

lectio divina

("DIVINE WORD") FOR BEGINNERS

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1

READ "LECTIO"

- READ PASSAGE AT LEAST 2X, SLOWLY & CAREFULLY
- WHAT IS IT SAYING?
- WHAT STICKS OUT TO ME?
- LISTEN FOR THE "STILL SMALL VOICE" OF THE HOLY SPIRIT
- ALLOW IT TO INTERACT WITH YOUR PERSONAL EXPERIENCES, PAST & PRESENT



2

MEDITATE: "MEDITATIO"

- WHAT STANDS OUT TO ME?
- WHAT EMOTIONS, IMAGES, IDEAS, OR WORDS CAME TO MIND?
- HOW COULD GOD BE SPEAKING TO ME HERE?
- WHAT MIGHT GOD WANT ME TO DO?
- HOW DO I INSTINCTIVELY REACT TO THIS PASSAGE?



3

PRAY "ORATIO"

- RESPOND TO GOD BASED ON YOUR MEDITATION
- CONSIDER JOURNALING OR KEEPING RECORD OF YOUR RESPONSE
- YOU MIGHT
 - ASK QUESTIONS
 - WORSHIP
 - THANK GOD
 - CONFESS
 - ASK GOD FOR WHAT YOU NEED



4

CONTEMPLATE "CONTEMPLATIO"

- REST, ENJOYING GOD
- BE QUIET
- LISTEN FOR GOD'S RESPONSE
- LIVE TRANSFORMED IN THE WORLD FROM YOUR ENCOUNTER WITH GOD'S WORD