

LECTIO DIVINA

(SACRED READING)

LECTIO DIVINA IS A WAY TO MEDITATE ON AND ENGAGE IN GOD'S WORD. IT WAS CREATED BY ST. BENEDICT IN THE 6TH CENTURY AND BECAME A MORE FORMAL 4-STEP PROCESS OF READING AND MEDITATING ON SCRIPTURE IN THE 12TH C. IT CAN BE DONE IN SOLITUDE OR IN A GROUP SETTING. IN A GROUP SETTING, EXPERIMENT USING DIFFERENT PEOPLE TO READ EACH STEP, OR USE DIFFERENT TRANSLATIONS TO MIX THINGS UP. AT THE END OF EACH STEP SHARE WHAT GOD HAS BEEN SPEAKING TO YOU.

ONE WORD/ ONE PHRASE

1 Pick (any) passage of Scripture between one and six verses long. For this first step read (slowly) the selected passage and write down one word or phrase that stands out to you from the passage.

DRAW/DESCRIBE AN IMAGE

2 The second time the passage is read let an image come to mind, literal or figurative. Keep in mind, not everyone has a visual mind, so if an image doesn't surface that is ok.

** TIP: For children grade 5 or younger stop here and simply ask them the question: "Why do you think God pointed out this word and image to you today?"

WHAT IT MEANS

3 The third time the passage is read listen for the meaning it has for you right now. This is less about what it means theologically, and more about laying the piece of Scripture over your life right now.

THE INVITATION

4 During the fourth and final reading listen for an invitation from God. What is God inviting you to today? Share with your group (or a partner) what God has been speaking to you.

** TIP: For junior high/youth or a shorter experience combine steps 3 & 4 by saying: "As we read this passage for the third time, listen for what God may be saying to you today, and what he might be inviting you to today"

If you find this practice difficult, that's ok. We're practicing ways to engage with the living God and it's not always easy!