# LECTIO DIVINA

LECTIO DIVINA IS THE PRACTICE OF CONTEMPLATING SCRIPTURE. FIND SOME QUIET SPACE, AND A BIT OF TIME AND USE THE GUIDE BELOW TO READ THE WEEKLY SCRIPTURE PASSAGE AND JOURNAL YOUR REFLECTIONS WITH JESUS. READ THROUGH OR LISTEN TO THE PASSAGE SLOWLY + INTENTIONALLY TWICE (ONCE AT THE BEGINNING, AND AGAIN AFTER THE "LECTIO" SECTION.)

### LECTIO (READING)

ASK YOURSELF:
What is the basic meaning of
the passage, without involving
my assumptions, opinions
or bias?

#### MEDITATIO (MEDITATION)

ASK YOURSELF: What does the text say to me, today, and to my life? How do you see yourself in the text?

## ORATIO (PRAYER)

ASK YOURSELF: What can I say to Jesus based on what I've read in the passage? What do I want to ask Him?

## CONTEMPLATIO (CONTEMPLATION)

ASK YOURSELF:
How have I experienced
the presence of Jesus in
this time? In the past week?
What conversation of the
mind and heart is
Jesus asking of me?

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