

## *Lectio Divina (Divine Reading)*

The practice of lectio divina traces its roots back to the early centuries in the Church. By the sixth century, St. Benedict had made it a regular practice in most monasteries. While in its beginnings this prayer method was set aside for monks and religious leaders, today lectio divina is a widely held practice by many laymen and laywomen.

Lectio divina is a slow, rhythmic reading and praying of a Scripture passage. You pick a passage and read it. You may choose a short passage of scripture, or a poem or other spiritual reading. If you do not have a specific passage, consider using one of the daily texts from the lectionary, a traditional three year cycle through scripture, which can be found at <https://www.dailylectio.net/calendar>.

Notice what arises within you as you read it. Then you read it again, and then again, noticing what words and phrases grab your heart and noticing the feelings that arise. You respond to God about whatever is stirring within as you read and pray with the passage. Finally, you rest and let God respond and speak to you.

The four Lectio Divina “moments” flow in and out of each other according to the inspiration of the Spirit. A brief silence will follow each reading.

READ: What word or phrase stirs my heart?

REFLECT: What is the word or phrase saying to me?

RESPOND: How is God inviting me to pray, to grow and change?

REST: Spend a few moments in silence as you rest in God’s presence.

RESOLVE: As you emerge from this place of personal encounter with God to life in the company of others, resolve to carry this word with you and to live it out in the context of daily life and activity.

## *Recommended Apps to help you in your Spiritual Journey:*

- PRAY AS YOU GO - daily audio meditations.
  - <https://pray-as-you-go.org/>
- LECTIO 365 - daily Scripture readings with Lectio Divina
  - <https://www.24-7prayer.com/resource/lectio-365/>
- CONTEMPLATIVE OUTREACH - resources to dig deeper into ancient Christian practices for transformation.
  - <https://contemplativeoutreach.org/>