

Lectio Divina

~ Praying with the Word of God ~

Preparation for prayer: Find a quiet place, free from distraction. Sit in a comfortable position that helps you to concentrate, place yourself in God's loving presence, and ask the Holy Spirit to guide you.



Reading: Take the bible and read a passage slowly, attentively. You might need to read the text several times, or linger on one particular phrase or even just one word.



Lectio

Meditation: Reflect and think through what you have read, applying also your imagination, emotion and desire. Ruminating over the words, applying the message to yourself and your situation: "What does this Word mean for MY life?"



Meditatio

Prayer: Have a conversation with God as with a friend. This is the prayer of the heart – a response to His Word from within, whatever the reaction may be: praise, gratitude, restlessness, etc.



Oratio

Contemplation: Allow God to gaze at you, and gaze back at Him in faith. It is a moment of surrendering to Him, to be more united with Him and seeking to see everything (yourself, others, the world and all events) with the eyes of God.



Contemplatio

Keep the Word in your heart and put it into practice: Write down the word you have received, treasure it, and recall the words that God had spoken to you throughout the day. Put it into practice, living out the Word of God with your life.