

Lectio Devina

Find a restful, quiet place. Quiet yourself and pray for God to guide you.

Step I. Lectio (Reading) Slowly read a short passage from Scripture or a book which draws your attention. Read the passage slowly and out loud two to three times. Then read the passage silently. You may also pray with a painting or illustration. When doing this pay attention to the details which interest you.

Step II. Meditatio (Meditation) During your reading a word or group of words may draw your attention, eg. from the 23 Psalm the words, You set a table before me in the presence of my enemies, or I shall not want, or the word my in my shepherd. Focus your attention on these words and allow them to interact with your own life's events, issues, and choices which you have made. Also pay attention to the memories which are touched by the reading of your passage. If distractions arise, ask yourself if these are pertinent to your current thoughts. Do they add insight or another view of the text and your life. Return to the text when distractions are not applicable.

Step III. Oratio (Prayer) Let the text invite you to place your whole being before God. Talk honestly with God about your desires, feelings, hopes, your history, reactions and questions that emerge because of your reading the text. This is your time to talk with God about anything that the text brings up within yourself. It is time to discuss, ask questions, share joys and sorrows and concerns which come to mind during the meditatio. You can journal if that is helpful as you share your thoughts, feelings and insights with God.

IV. Contemplio (Contemplation) This is the time to rest silently in God's presence. It is a time when you allow the text and the time spent in dialogue with God to work itself into your very being. Do not look for additional insights. It is time to rest in God.