LECTIO DIVINA

"Lectio Divina", Latin for "sacred reading," is an ancient practice of quiet prayer and reflection, reading scripture and listening to the voice of God, dating back to about 300AD. Lectio can be done alone or in a group. There are 4 sections to Lectio which we will follow. The whole process should take about 30-40 minutes. The leader will tell you when to move to the next stage.

REMEMBER:

- Posture is important. Sit straight up, feet on the floor, hands in your lap or to your sides. This is important to attentive listening. While this process can be restful, it is a time to be attentive to God's voice.
- This time is your gift to God. It's not about whether you get something out of it or not. Don't be discouraged if you don't "get it."
- Your mind will wander. Recognize that this happens, even to those who practice Lectio often. When you catch yourself, refocus and continue. They don't call them "spiritual practices" for nothing!

LECTIO - read (5-8 minutes)
Scripture passage for today:
 READ through a short passage of scripture many times If in a group, have various group members read, for the purpose of hearing the passage differently LISTEN for a specific word or phrase that catches your attention
Word or phrase:
MEDITATIO - think (5-10 minutes) - "Meditate" literally means "to gnaw", as a dog gnaws on a bone. - Actively think about your word or phrase
 Ask: Why is it important? How does it make me feel? "Shine a spotlight on it" – look at the word or phrase from different angles DON'T MOVE ON YET! you can write notes below.

ORATIO - pray (10-15 minutes)

	did you give me this word? Why do I feel this way about this phrase?" ponse. Follow your active thoughts (not your distraction thoughts)
CONTEN	1PLATIO - Líve (5-10 mínutes)
Rest in the love Thank God for	e and presence of God, feel his closeness this word.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.