

Lectio Divina Information Packet

Lectio Divina is a sacred Christian practice of prayerfully reading Scripture in order to listen to God's voice. The phrase is Latin for "Divine Reading." Rather than studying the Bible only for information, Lectio Divina invites us to slow down, meditate on the Word of God, and allow the Holy Spirit to speak personally through Scripture.

This practice began with the early desert fathers and mothers and was later formalized in the 12th century by the monk Guigo II, who described four movements of prayer. The goal of Lectio Divina is transformation of the heart rather than simply gaining knowledge.

The Four Movements of Lectio Divina

- **Lectio (Read):** Read a short passage of Scripture slowly. Notice a word or phrase that stands out.
- **Meditatio (Reflect):** Meditate on the word or phrase that captured your attention and consider why it speaks to you.
- **Oratio (Respond):** Respond to God in prayer. Share your thoughts, feelings, and desires with Him.
- **Contemplatio (Rest):** Rest quietly in God's presence. Simply be with Him without words.

Simple Lectio Divina Practice (10–20 Minutes)

- Prepare your heart. Sit quietly, take a few deep breaths, and invite the Holy Spirit to guide you.
- Read the Scripture slowly. Read once aloud and once silently.
- Notice the word or phrase that stands out and write it down.
- Reflect on what the passage may be revealing to you.
- Pray and respond honestly to God.
- Rest quietly in God's presence.

Scriptures Often Used for Lectio Divina

- Psalm 23
- Psalm 139
- John 15:1–11
- Luke 10:38–42

- Matthew 11:28–30
- Romans 8:38–39

Reflection Questions

- What word or phrase stood out to me?
- Why might this word be speaking to my heart today?
- What emotions arose while reading the passage?
- What might God be inviting me to trust or release?
- How can I carry this word with me today?

Example Passage for Practice

Psalm 46:10 — “Be still, and know that I am God.” Spend several minutes noticing which word draws your attention: Be still, Know, or God.

Closing Prayer

Lord, quiet the noise within my mind as I listen to Your Word. Open my heart so I may receive what You are speaking today. Teach me to rest in Your presence and trust Your voice. May Your Word shape my thoughts, renew my spirit, and draw me closer to You. Amen.