

# Lectio Divina

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Ps 1:2**  
his delight  
is in the law of the LORD,  
and on his law he meditates  
day and night.  
**Ps 1:2**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use Brown to mark this passage. *Brown = Word, God speaking, Divine Guidance .*

## Principles for Hearing:

- |   |           |
|---|-----------|
| 1) God is my Father                                       | 1 Jn 3:1  |
| 2) My Father has a plan for my life                       | Jer 29:11 |
| 3) My Father wants to make known<br>the plan for my life. | Is 30:21  |

# Reflection

As you read *Ps 1:2* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)?

## Lectio Divina (Divine Reading)

**Lectio- to read:** Look up and then write the passage down. As you read have faith that God is speaking to you personally.

**Meditatio – to meditate:** What is God saying to you? Use who, what, where, when, why.

**Oratio – to speak:** Speak to God about what He is saying to you.

*Note: Meditatio and Oratio can flow back and forth between you and the Holy Spirit as it is a conversation.*

**Contemplatio – to contemplate:** Read the passage again. Sit and enjoy the presence of the Lord. Let the Word you have read become a point for God to speak more clearly and personally into your life.

Pope Benedict Sept 16<sup>th</sup>, 2006

I would like in particular to recall and recommend the ancient tradition of "Lectio divina": "the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart" (cf. "Dei Verbum," n. 25). If it is effectively promoted, this practice will bring to the Church -- I am convinced of it -- a new spiritual springtime.

### Example of Lectio Divina:

<i>Lectio</i>	I read Mk 10:46-52 four times slowly allowing the
<i>Meditatio/</i>	Holy Spirit, in what area of my life am I blind?
<i>Oratio</i>	<i>"You do not see your judgmental attitude clearly! This is the pharisaical spirit that has hooked into your soul, my son"</i> What is the root moment that caused it to be able to place its hooks into my soul? The Holy Spirit takes me back to me memory.
<i>Contemplatio</i>	I sit quietly, in faith, trusting and allow the Holy Spirit to heal my root memory that has allowed my heart to become judgmental.

### Exercise

Look up the following scripture passages and use the parts of *Lectio Divina* to allow the Holy Spirit to speak into your life. Mark this passage *Brown = Word, God speaking, Divine*

*Guidance*

Mt 4:13-20