



# Introduction to Lectio Divina

## Listening to God Through the Living Word

### Opening Scripture

“For the word of God is alive and active...” (Hebrews 4:12 NIV)

Lectio Divina is a sacred practice of engaging Scripture—not to master it, but to be mastered by it. We come not to analyze, but to encounter the Living Word and receive personal transformation through God’s voice.

### How to Practice

Before the Reading:

- Sit quietly for 1–2 minutes with a sacred word, sacred breath, or sacred touch to center yourself in God’s presence.

The Four Movements of Lectio Divina:

1. Lectio (Read): Slowly read a short passage of Scripture. Listen for a word or phrase that stands out.
2. Meditatio (Reflect): Meditate on that word or phrase. Let it speak to your heart and life.
3. Oratio (Respond): Offer a prayer to God in response to what you have received.
4. Contemplatio (Rest): Rest silently in God’s presence beyond words or thoughts.

After the Practice:

- Sit quietly for 2–3 minutes. Let the Word settle within you. Journal your insights or carry the word into your day.



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