



# Outline: Introduction to Lectio Divina

*Theme: Listening to God Through the Living Word*

## 1. Opening Reflection

- Scripture: “*The Word of God is living and active...*” (Hebrews 4:12)
- Brief commentary: God speaks through Scripture—not just to inform, but to transform.

## 2. What Is Lectio Divina?

- Definition: “Sacred reading”—a contemplative way of engaging Scripture.
- Purpose: To hear God’s personal word to us through the text.
- Historical roots: Early monastic tradition, especially Benedictine spirituality.

## 3. The Four Movements of Lectio Divina

1. **Lectio (Read)** – Read the Scripture slowly and reverently.
2. **Meditatio (Reflect)** – Reflect on a word or phrase that stands out.
3. **Oratio (Respond)** – Offer a prayer in response to what you received.
4. **Contemplatio (Rest)** – Rest in God’s presence beyond words.

## 4. Theological Emphasis

- Scripture as a living dialogue with the Holy Spirit.
- It moves us from *reading about God* to *meeting God through the Word*.
- Transforms the heart rather than just informing the mind.

## 5. How to Begin

### Before Lectio Divina: Prepare Your Inner Space

- Begin with 1–2 minutes of sacred word, or sacred breath, or sacred touch to quiet the body and still the mind.
  - *Sacred word*: Choose a sacred word (e.g., “Love,” “Jesus,” “Abba,” “Peace”) as a symbol of your intention to consent to God’s presence and action within.
  - *Sacred breath*: Gently bring awareness to your inhale and exhale, receiving each breath as a gift from God.
  - *Sacred touch*: Lightly rub your fingertips together with full presence, using the sensation as a gentle invitation to stillness.
- Allow this embodied awareness to lead you into a posture of holy receptivity.



1. Choose a short passage (e.g., Psalm, Gospel verse, etc.).
2. Create a quiet space with a journal or notepad.
3. Take your time—linger with the text.

### **After Lectio Divina: Transition in Peace**

- Allow your sacred word, or sacred breath, or sacred touch to accompany your reentry into the present moment, carrying the grace of stillness into your day.

## **6. A Guided Example**

- Lead listeners through a short Lectio Divina with Psalm 23:1–3 or Luke 24:32.
- Pause after each movement with gentle guidance.

## **7. Encouragement for Practice**

- Approach the Word relationally, not academically.
- Be open—no need to "figure it all out."
- Journaling or Voice recording insights can deepen the encounter.

## **8. Closing Encouragement**

- Reflection: *"Speak, Lord, for your servant is listening."* (1 Samuel 3:9)
  - Encourage regular rhythm (e.g., once or twice a day) for spiritual nourishment.
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