

# LECTIO DIVINA

## A Liturgy



### *PREPARATION*

- Use a quiet place with minimal distractions
- Illumination should be sufficient to read
- Use a comfortable position
- Select a time of day when you're not tired
- Have your Lectio Journal ready
- Enter this space solemnly with right intent
- Approach this with humility and faith
- Light a small candle, if desired
- Sit quietly for a minute or two to “ground” yourself in the moment.

### *OPENING PRAYER*

PRAYER – Use a short opening prayer, thanking God for the moment and His presence in it. Ask for His Grace and Peace.

### *A PSALM READING (119:9-16)*

How can we keep our way pure?  
By living according to Your Word.  
I seek You with all my heart;  
Do not let me stray from Your commands.

I have hidden Your Word in my heart  
That I might not sin against You.  
Praise be to You, O Lord;  
Teach me Your decrees.

With my lips I recount all the laws  
that come from Your mouth.  
I rejoice in following Your statutes  
as one rejoices in great riches.

I meditate on Your precepts  
and consider Your ways.  
I delight in Your decrees;  
I will not neglect Your Word.

*GLORY BE...*

*Pause for Silent Reflection.*

### *LECTIO READING*

#### I. Lectio

- Select the word, phrase or short passage to be used
- Read it slowly, perhaps aloud
- Perhaps write it down slowly in your journal
- What does it say?

#### II. Meditatio

- Reflect on the reading; remember that this is not an intellectual exercise to “understand” the reading; it is a time to let the reading speak to you. Allow the text to lead you, without fully understanding what the final destination will be.
- Listen!
- Jot down feelings and reactions as they come to you.
- Dialogue with the text. Ask questions.

#### III. Oratio

- Let a prayer response to the reading form within you. This can be oral or in writing. One way is to use the liturgical model with these main elements:

[Address to God]

- i. Theme from the text (often refers to the past)
- ii. Petition drawn from the text (often refers to the present)
- iii. Development of the petition (often refers to the future)

[Conclusion]

#### IV. Contemplatio – Meeting God in the Text

Spend time feeling the presence of God and His love for you. How has this experience with God changed you? How will it change your life? What is your response to this love?

*Pause for Silent Reflection.*

*OUR FATHER...*

End.

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