

Lectio Divina (Holy or Divine Reading)
A way of listening to the Holy Spirit

Lectio: Slowly read and re-read a short passage of scripture asking God to draw your attention to a word or phrase

Ruminatio: Began to repeat that word or phrase to yourself. (10-20 times)
Let the word(s) enter your spirit by slowly, attentively ruminating on it.

Meditatio: Receive and reflect on the thoughts, images and feelings that come to you through this word or words. (meditation)

Contemplatio: Rest silently with God.
Be quiet and wait for what God is offering you.
Be open to God without actively attempting to communicate anything to God.
(contemplation)

Oratio: Honestly express your deepest thoughts, feelings and desires to God.

Simple version:

- Read Psalm 23
- Slowly read it at least one more time
- Allow God to give you a word or phrase that catches your eye or your heart
- slowly repeat that word or phrase
- come to a place of silence
 - o In the silence give God the space to speak to you.
- After being quiet for several minutes pray your thoughts, desires, needs and feelings from this meditation to God.
- In the silences other thoughts will flood into your mind.
 - o Give them to God as best you can
 - o Return to the word or phrase you have been repeating.
 - o Return to listening to God in silence

Psalm 23

¹ The LORD is my shepherd, I shall not be in want. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he restores my soul. He guides me in paths of righteousness for his name's sake. ⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶ Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.