Lectio Divina (Sacred Reading)

"We read (lectio) under the eye of God (meditation) until the heart is touched (oratio) and leaps to flame (contemplio)" Dorn Marmion Benedictine Monk, Ireland (1858-1923)

Beginning

Silence

STEP ONE: READING (lectio)

(Be alert to a phrase or word that invites your attention)

First Reading

Second Reading (More slowly)

Write the word or phrase God brings to mind here:

STEP TWO: REFLECTING (meditatio)

(Be aware of an image/picture or feeling that comes from your phrase or word)

Third Reading

Write your feeling or describe/draw your picture here: _____

STEP THREE: RESPONDING (oratio)

(Ask "What is God trying to say to me through this picture, feeling, phrase or word)

Fourth Reading

Journal:			

STEP FOUR: RESTING/RECEIVING (*contemplatio***)** (Ask God to help you with whatever he is asking you to do) (Think about where you go from here; i.e., how you will follow through.)

Quiet communing with God (for an extended period)

What is Go	d asking yo	u to do:		

PRAYER (Ask God to help you live out the insights you have received from Him through His Scripture.)