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:  
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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:  
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STEP THREE: RESPONDING (oratio)  
(Ask “What is God trying to say to me through this picture, feeling, phrase or word)

Fourth Reading

Journal:  
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________________________________________________________
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**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 God asking you to do:

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