

## *The Practice of Lectio Divina*

**Select** a scripture passage on which you wish to focus. A good source would be the readings for the next Sunday liturgy, particularly the psalms. Other easy passages for those just starting the practice of *Lectio Divina* would be Luke 1:26-33, Mark 10:13-16, Mark 4:35-41, 1 John 4:7-11, Psalm 1, Psalm 23, and Proverbs 10:1-12.

**Quiet** your mind and body before starting. The setting can be one of silence or one with soft background music that is not distracting to the participants.

1. **Read:** Read the passage slowly and prayerfully several times. After the first reading, ask God to help you learn the meaning of the text. Silently focus on a word or phrase that grabs your attention. Pay attention to what the word or phrase brings to mind. Seek to understand it.
2. **Reflection:** Quietly re-read to yourself the word or phrase that grabbed your attention. Now, re-read the entire passage. Listen as if the Scripture were being addressed to you personally, with "your name" as the greeting of a letter. Allow your imagination to place you into the scripture text or scene asking the question, "What is it saying to me today, this moment? What I am feeling anxious about, etc?" Ponder its personal message to you.
3. **Prayer:** Re-read this passage again. Let it form words for a loving prayer, your response to the Father. After some reflection on what you have heard, speak a prayer of love, using the words and images of this passage to engage the God Who has spoken to you.
4. **Contemplation:** Re-read the text a final time and allow yourself to be absorbed by the "mystery" of God that is made real in this Word, in your heart, in this moment. Be silent in mind and body until distraction calls you to move along.