

Prayer of Lectio Divina

Preliminaries

- CHOOSE the Scriptures you wish to pray. Don't set a goal of "covering" a certain amount of text: the amount of text "covered" is in God's hands, not yours. A complete word-picture or story is best, but a single verse can work just as well.
- GET in a comfortable position and ask for the grace of God's presence. You might focus for a few moments on their breathing or recite the "Our Father" or have a "prayer word" or " phrase" you slowly recite to become quiet and centered before God.

Lectio (reading): *What does the text say?*

- TURN to the text and read it slowly, gently, out loud. Savor the reading, feel the words in your mouth, listening for the "still, small voice" of a particular word or phrase that strikes you and resounds in your heart, saying, "I am for you today."

Meditatio (meditation): *What does the text say specifically to me at this point in my life?*

- TAKE the word or phrase into yourself. Slowly repeat it to yourself, allowing it to deepen and to open up your inner world of concerns, memories, and ideas. Let your imagination engage the text.

Oratio (prayer): *What does God say to me and what do I say to God through the text?*

- SPEAK to God. Interact with God as you would with one who you know loves and accepts you. Experience this God-breathed word or phrase as a means to bless and transform the thoughts and images that God's Word has awakened in you. Give to God what you have found in your heart. Allow your deepest self to be touched and changed by the word of God.

Contemplatio (contemplation): *Rest in silence in God's presence and allow God to work.*

- SIMPLY rest in God's embrace. If God invites you to return to your pondering of the word or to your inner dialogue with God, do so. Learn to use words when words are helpful, and to let go of words when they no longer are necessary. Rejoice! And relax. God is with you in both words and silence, in spiritual activity and inner receptivity.

Operatio (action): *How I invited to respond, share and/or act?*

- As you come up out of the depths of contemplation and prepare to resume your normal activities, first thank God for meeting you in this time. Then ask God to show you whether your prayer is leading you to respond and act in some way. What possibilities does it open up? What challenges does it pose? In a group, what am I invited to share with others?

In summary - when praying with Scripture attend to the Word, attend to God speaking this Word to you personally, attend to your own life-reality, and enjoy time in God's Presence!