

Prayer Experience - Lectio Divina

Introduction

Lectio Divina is a method of praying the Scriptures. What better way to get to know God than by spending time with God's spoken word?

Lectio Divina is a slow, rhythmic reading and praying of a Scripture passage. You pick a passage and read it. Notice what arises within you as you read it. Then you read it again, and then again, noticing what words and phrases grab your heart and noticing the feelings that arise. You respond to God about whatever is stirring within as you read and pray with the passage. Finally, you rest and let God respond and speak to you.

Busy Lives & Restless Souls, Becky Eldredge

The Practice

Silence

Slow down, relax, and intentionally release the chaos and noise in your mind to God. Close your eyes, inhale slowly, hold, exhale slowly. Ask God to give you an openness to hear from the Spirit.

Lectio (reading)

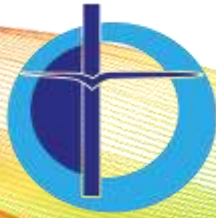
Read the scripture passage very slowly, taking in every word. Think about the words in each sentence. In time choose the word, phrase or sentence that speaks to your heart.

Meditatio (meditating)

Read the passage again slowly. As you do so and for a few minutes afterward, linger on the word or phrase that spoke to your heart. Keep repeating it slowly, without thinking about what it could mean or why you chose it. Allow it to permeate your whole being.

Oratio (praying)

When you are ready, become aware of God's presence. Speak spontaneously to God or simply rest in His presence. Read the passage again if you wish. Avoid the temptation to move on quickly.



Centre for Liturgy
Archdiocese of Perth

MINISTRY REVISIT AND REVIEW 2022

Prayer Experience - Lectio Divina

Contemplatio (contemplation)

Deeply receive God's Word and rest in His presence and love. Give yourself some time to wait and be still before you re-enter life as usual.

Take God's Word with you throughout the day.

Suggested Scripture Passages

Deuteronomy 30: 10-14

Philippians 2: 1-4

John 14:23-29

Galatians 6:14-18

Matthew 11:25-30

Ecclesiastes 3:1-8

Luke 10: 38-42

Acts 2: 1-11

Luke 11:1-4

Acts 1:12-14

Luke 1: 26-38

Ephesians 3:14-19

Matthew 26: 36-39

2 Corinthians 3:15-4:1-2, 5-7

Luke 5:1-11

Wisdom 7:7-11

Hebrews 4:12-13

Mark 10: 17-30

Online bible: biblegateway.com

There is also available on the Centre for Liturgy YouTube channel [Lectio Divina MP4s](#) to view.