



PRAYING WAYS lectio divina

Lectio Divina:

The phrase *Lectio Divina* is Latin and it is best translated as “sacred or divine reading.” It is an ancient practice that encourages us to open ourselves up to what God wants to say to us, rather than the simple gathering of information, while reading Scripture.

The practice can be broken down into four basic steps:

Lectio, or “**Reading**”

Choose a passage from the Bible that you would like to pray. As you settle into a comfortable position, be intentional about quieting your heart in preparation for this time with God. Open to the text and slowly read through it. As you read, allow the ears of your heart to listen for the “still, small voice” that may highlight a particular word or sentence.

Meditatio, or “**Reflection**”

As you finish reading the text, return to the phrase that was brought to your attention. Repeat it to yourself. Chew on it. Mix it with your thoughts, memories and circumstances. Humbly expect God to help you break it down so that it may be absorbed into your heart and mind.

Oratio, or “**Response**”

Let your heart overflow in prayer to God. Whether it be in words, in song, or as images, don’t hold back. Question where there is uncertainty. Confess where there is conviction. Bow where there is humility. Praise where there is clarity. Allow the overflow of your heart to respond to what you experienced in your time of reflection.

Contemplatio, or “**Rest**”

Rest in silence. Like a content child in the presence of a parent, allow yourself to sit in the quiet nearness of our Heavenly Father who loves you more than you will ever comprehend.

These steps are by no means set in stone. If you feel the need to return to the text for a second or even third time, do it. If your time of rest leaves you needing to speak out in awe and gratitude, do it. This time is between you and God - trust that He will lead you in that time according to His desire for you today.

Teaching & exercise contributed by Julie Lee

<https://www.youtube.com/watch?v=HJEdBsobCC4>