Lectio Divina

Explained

Step 1

Lectio (Read) —Read the passage slowly. Put yourself in the story or scene instead of focusing on a message for yourself. Visualize as concretely as possible the time, the place, and the people involved in the biblical story. Slow down. Savor the images. Pay attention whenever anything you read sparks a reaction from you.

Pause for a few minutes to reflect on what you just read.

Step 2, *{Read the passage again}*

Meditatio (Meditate) —Try focusing on a word or phrase from the passage. Each person will speak out loud one word or phrase that sticks out to them from the passage.

Pause for a few minutes to allow everyone to share their word and reflect on what each person has said.

Step 3 *{Read the passage agoin}*

Oratio (Pray)—Allow the meditation to lead you to a conversation with God. Why did that word or phrase resonate with you? What is God calling you to think about? Don't overthink it -

Pause for a few minutes, let each group member share why the word or phrase stuck out to them. What did it say to them.

Step 4 *{Read the passage again}*

Contemplatio (Contemplate) —Spend a few moments resting in the presence of God

Allow each person in the group to share where God is calling them to act through what they have heard in the scripture.