

# Lectio Divina

## PRAYERFULLY READING AND REFLECTING ON SCRIPTURE

*Silencio*

**WAIT**

As you prepare to spend this time with Jesus, take a few moments to be still.

Allow your body, heart, mind and soul to settle.

Take a few deep breaths and simply pray 'Come Lord Jesus'. You might like to use a breathing prayer at this time

*Lectio*

**Pray** - Ask God to speak to you as you read the passage.

**Read** the passage for the first time.

What word or phrase stands out to you? For now simply notice those words.

**WHAT**

*Meditatio*

**WHY**

**Pray** - Ask God to show you what He is saying to you

**Read** the passage for a second time. What might God be saying through the words that have particularly stood out to you today?

Spend time listening to God.

*Oratio*

**Pray** - Ask God to help you consider your response to what He is saying to you.

**Read** the passage for a third time. What does this mean for you today? What might your response look like?

Spend time listening to God.

**SO WHAT**

*Contemplatio*

**WAIT**

**Pray** - Thank God for speaking to you today

**Read** the passage for fourth time.

In this final reading, simply enjoy the words and the chance to spend time in God's presence. Take a few moments to simply sit with God and know His love for you today.