

Lectio Divina

Prepare for prayer

Ask the Holy Spirit to guide your prayer and reading of the scripture passage. Take a few minutes to silence your mind from distractions.



Read a scripture passage (Lectio)



Choose a passage, either one you've heard about or want to study, or choose one randomly. Read it carefully and read it multiple times.

Meditation (Meditatio)

What words or phrases stood out to you? Why did they stand out? Take time to think about how the passage relates to you and your life.



Prayer (Oratio)

Have a conversation with God about what you have just read. Ask God what this means for you. What would you want to tell God about what you have read?



Contemplation (Contemplatio)

Rest quietly in God's presence. This is simply remaining with God, with no words or thoughts, allowing God to act in you, rather than acting yourself. Listen to what the Holy Spirit has to say to you.

