

PROGRESSION OF LECTIO DIVINA (Divine Reading)

1) Ready (3 minutes)

- a. Find a place where you can be quiet and undisturbed.
- b. Choose a brief passage of scripture.
- c. Quiet your heart, sit in silence, and ask God to meet you during this time of prayer.

2) Read (5 minutes)

- a. Read the passage slowly, letting your awareness rest on each word.
- b. Read the passage again slowly, but this time read it out loud.
- c. Listen for the still small voice of God as you read.
- d. Be aware of any word or phrase that catches your attention.

3) Reflect (10 minutes)

- a. Meditate, reflect on the word or phrase that caught your attention.
- b. As you reflect, listen and allow God to speak to you.
- c. Be aware of any emotion or memories the word or phrase may stir up.

4) Respond (10 minutes)

- a. Respond to the word or phrase.
- b. Ask God why this word caught your attention. What is He trying to say to you?
- c. Dialogue with God about what you are hearing or feeling.
- d. Take time to sit and listen for God's response.

5) Rest (5 minutes)

- a. Rest in God's presence. Wordless, quiet rest in the presence of God is called "contemplation."

6) Return

- a. As you go through your day, keep returning to the passage and your reflection.
- b. Keep returning with the intention of integrating the word into your life.

(Adapted from, *Prayer as a Place*, by Charles Bello)