

# Lectio Divina

Lectio Divina is a dynamic way of reading the Scriptures that has been around since AD 300. It follows a four-step approach of:

Reading the bible slowly and carefully

Meditation or reflecting

Prayer or response

Contemplation – resting with God

Lectio Divina invites us to savour and mull over God's words quietly, slowly and intently. It gives space to respond to what we feel God is saying and helps us build a vital bridge between our encounters with God and our everyday lives with all the joys, humdrum and immense challenges of this particular time.

Our Good Shepherd 2020 vision says:

*Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways.*

*Proverbs 4:25-26*

You could use these verses as a focus for trying out this method of prayer if you have never used it before.

## How to Practice Lectio Divina

*Find a comfortable place to sit where you won't be disturbed for a little while:*

### Reading (lectio)

Read a section of the Bible slowly and attentively, noticing all the details in the text. You may find it helpful to read more than once, and out aloud.

### Reflecting (meditatio)

Spend a few minutes meditating/thinking about the passage, allowing it to turn over in your thoughts. Be conscious of any word, phrase, or idea that particularly strikes you, and allow it to settle deeper into your heart.

### Responding (oratio)

Allow your heart's response to the passage (whether it stirs you, inspires you, or upsets you) to form itself into prayer. Express your questions and reactions to the Lord and listen for his response.

### Resting (contemplatio)

Let your prayer mature into silence, and spend a few minutes simply dwelling in the Lord's presence. Focus your attention on him, drawing it gently back every time you sense it straying. You might close your time using the Lord's Prayer.

*You might want to note things down that have become important in your prayer.*