

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, the daily reading of the Church and narrative passages works well. Slowly read it 2-3 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 & your life.

Prayer (Oratio)

Have a conversation with God about what you have just read. Tell God about what you have read. Ask God what this means for you.

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.

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