

The Steps for Lectio Divina: Spiritual Reading

Step 1. Lectio (lex-ee-oh), "Reading"

Read the Scripture passage. Try reading it out loud. Try reading it several times. Let the words sink in deeply. Open your mind and heart to the meaning of the words.

Step 2. Meditatio (med-it-tots-ee-oh), "Meditation"

Reflect on the Scripture passage. Think deep thoughts. Ask yourself questions such as the following:

- What does this passage say to me?
- Who am I in this passage?
- What do I see? What do I hear?
- What do I think?
- Which character do I most relate to?
- What do I most need to learn from this?

Try taking notes on your answers to the questions. Try journaling about the insights gained with meditation.

Step 3. Oratio (or-o-t-see-ah), "Prayer"

Move into the heart of the matter. Feel deep feelings. Consider the following questions as you respond to God:

- What do I want to communicate to God?
- What am I longing for in my relationship with God?
What do I desire in my prayer life?
- What secrets of my heart are ready to be expressed? Is there joy? grief? fear? gratitude?

Express your intimate self to God in your own personal way.

Step 4. Contemplatio (con-tem-plot-see-oh), "Contemplation"

Simply rest in the presence of God. Be passive and just enjoy God. Settle into the tenderness of God's love.

(Variation) Step 4/ Additional Step 5. Actio (ax-ee-oh); "Action"

Ask yourself the following questions in utter honesty:

- How is God challenging me?
- Is there a good thing God is calling me to do?
- Is there a harmful thing God wants me to stop doing?
- What is the next step I need to take?

Decide on a course of action (large or small). Make the commitment and follow through with your plan.