A Brief Introduction to *Lectio Divina*

The practice of reading scripture or some other text using this method is ancient and has been widely used by Christians up until the late 16th century and then again since the start of the 20th Centuries. Because this form of reading/meditating upon God's Word was all but 'lost' to the faith for roughly 300 years the practice has had to be relearned and refined by contemporary Christians - most notably those within the contemplative traditions.

This method of scripture reading has much to commend it:

1) It engages both 'sides' of the brain by asking us to both read and think and also to relax in the presence of God's Word to us.

2) Simplicity of the four step movement.

3) Can be practiced alone or as a group.

4) Practitioners have noticed a pattern of intensification within the practice which they have equated with the growth of significant relationships.

RELATIONSHIP	LECTIO	PRAYER IS FROM....
Acquaintance	Read	Lips
Friendliness	Reflect	Mind
Friendship	Respond	Heart
Union of Life	Rest	Whole Self

"In our meditation we ponder the chosen text on the strength of the promise that it has something utterly personal to say to us for this day and for our Christian life."

Bonhoeffer - Life Together

Lectio Divina

Lectio (**Read**) [read passage twice]

> Silence 3-5 minutes* - *silently repeat a word or phrase that interests you…*
> *Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.*

Meditatio (**Reflect**) [read once]

> Silence 3-5 minutes - *reflecting on "Where does this scripture or quote touch my life?"*
> *Sharing aloud: "I hear, I see, I was struck by…"*

Oratio (**Respond**) [read once]

> Silence 3-5 minutes - *reflecting on "How is God calling me to Respond?"*
> *Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.*

Contemplatio (**Rest**) [read once]

> Rest in God's grace, in silence 2-3 minutes

* The time allotted for each period of silence can vary.