

## LECTIO DIVINA

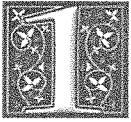
First, find a quiet, comfortable place.

Relax. Sit straight and attentively.

Close your eyes. Become aware of your breathing – don't change it; just be aware of it, in the quiet.

Hand over your thoughts and problems to the Lord, for a little while; they are safe in His hands.

Make the Sign of the Cross. Ask the Lord to be with you, to speak into your mind and heart, to bless this time you are spending with Him and His word. If you are having difficulty settling, pray, "Lord Jesus Christ, Son of God, have mercy on me, a sinner".



### **Lectio – Reading**

Read the passage slowly and carefully.

Don't read any of the notes yet. Underline or note down any words or phrases that stand out to you. Write down any questions you have.

Read the passage again.

Now, read the Lectio comments and reflect and how they are the same or different to your own.



### **Meditatio – Meditation**

Meditation deepens our appreciation of the passage. God has something to say to you in this passage. Through your reflection, He may make you aware of an attitude or behaviour He wants you to change. He may give you encouragement and strength. He may make you feel His love for you and deepen your love for Him.

Some ways of meditating that you may find helpful:

- Mull over the words or phrases that stood out to you. Repeat them slowly to yourself. Allow yourself to react to them with feelings and thoughts; reflect on what your reactions may mean for your relationship with the Lord and the way you lead your life.
- Imagine yourself in the scene and part of the story –maybe one of the people in the story. How do they react to Jesus? Be fascinated by Jesus, everything He says and does. Get to know Him.
- Ask questions. Use your own questions and the questions given in the Meditatio section. Why did Jesus do and say what He did? Allow time to be quiet, to let Him show you an answer.

Any time you feel your attention wandering, repeat to yourself one of those words or phrases that stood out, or try praying, "Lord Jesus Christ, Son of God, have mercy on me, a sinner".



### **Oratio – Prayer**

Respond to the passage and your meditation by praying. Maybe this means giving thanks, or asking for help to change an attitude or behaviour. Bring what is happening in your life before God. Speak and listen.



### **Contemplatio – Contemplation**

Be still before God and invite Him in. Few or no words are needed. Just be with Him; let Him love you and refresh your soul.