

## *Lectio Divina - Divine Reading*

**Lectio (READ):** On the first reading, simply open yourself to the presence of God. Read the passage slowly and prayerfully, allowing short pauses between sentences. As you read, take in the words and the overall flow of the passage. Then allow a time of silence following the reading. Continue to open yourself to the Spirit of God.

**Meditatio (REFLECT):** On the second prayerful reading of the passage, listen for a particular word or a phrase through which God wants to speak to you. You will notice your attention being drawn to something. Once you have “received” the word or phrase, begin to silently meditate on that. Reflect on why God would highlight this for you today, ask God any questions that come to mind, and note things that seem important as you meditate on what God has given you. Remember that the focus is on listening to what God has to say to you.

**Oratio (RESPOND):** On the third prayerful reading of the passage, listen now for God’s invitation, and respond from your heart. The Living God is always inviting us in some way... to let go of something, or to take up something; to do something, or to be something... the invitation can take innumerable forms. Following the reading, continue to listen for God’s invitation and then respond silently or aloud from an honest heart.

**Contemplation (REST):** The focus of the fourth prayerful reading of the passage is to simply rest now in the love that God has for you. Let the words wash over you. There is no further need to reflect or respond. Allow God’s Spirit to draw you close and fill you with God’s love, grace, and peace. Linger in this place of deep connection, for you are being filled and refreshed for your continuing journey.

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