

Guide to Lectio Divina from Life Teen

Please leave this copy here for the next group to read.

Lectio Divina may sound like a very daunting thing because it's Latin, but fear not! It is actually a very simple and very powerful way to immerse oneself in the Word of God. It consists of four steps: lectio, meditatio, oratio, and contemplation.

1. Lectio

Lectio simply means 'read.' Start somewhere familiar, like one of the Gospels, and read a section. Before you start, ask the Holy Spirit, the author of Sacred Scripture, to come open your heart and to guide your mind. When you begin reading, read through the passage slowly and attentively.

When you finish, read through the passage again and take notice of any words that stand out to you as you read.

2. Meditatio

In the meditatio (meditation) step, allow yourself to enter into the passage you just read. Perhaps you are one of the disciples or simply someone in the crowd. Use your imagination and bring the scene to life.

Also think about the words that stuck out as you read and wrestle with why they were highlighted as you read.

3. Oratio

At this point, you move from the head and go to the heart. In the oratio phase, you turn over everything that was in meditatio to God in prayer. Ask him why the words stuck out, why the passage unfolded like it did in your meditation. Be sure to also listen to what the Lord has to say to you because He wants to speak to you.

4. Contemplatio

The last thing to do is contemplation. Essentially, it's time to take it all in. Rest in what God has spoken to you in His Word. Simply just sit and be with the God who loves you.

Duc in altum!

In Luke 5, Jesus tells Peter to cast out into the deep and let down his nets for a catch. Let us follow Peter's lead, removing the distractions from our lives to go and spend time with Our Lord. Be like Peter and let down your net, your heart, into the unfathomable depths of Sacred Scripture. Spend time with the Word and let it transform your heart because 'for where your treasure is, there will your heart be also' ([Matthew 6:21](#)).