

## Lectio Divina Step by Step

- Choose a text of scripture to read and pray. For example, the Gospel reading for the day or for the upcoming Sunday Mass.
- Place yourself in a quiet place, such as the Adoration Chapel, or a room in your home where you can experience a time of prayer with the Lord. Calm your anxieties, thoughts, distractions, and acknowledge the presence of God.
- Offer a prayer to the Holy Spirit for inspiration and guidance: *Come, Holy Spirit, enlighten my mind and my heart to hear your word.*

1) **Read (*Lectio*):** Read the text slowly and prayerfully, listening for a word or words that God is speaking to you. You may want to re-read the same text multiple items to help quiet yourself interiorly and to focus on God's voice. Listen and receive the word that God speaks to you.

2) **Meditate (*Meditatio*):** When a word or phrase strikes you, stop and rest. Repeat the word or phrase to yourself. Allow it to speak to you in a personal way by pondering the word in your heart, like our Blessed Mother Mary did. Reflect on what it means to you. Repeat it to yourself, allowing it to interact with your thoughts, memories, hopes, and desires.

3) **Pray (*Oratio*):** Prayer is your response to reading God's word. It is a dialogue with God from your heart. Tell him what comforts you and challenges you. As you enter into a loving conversation with God, formulate a prayer. You may want to journal your prayer and dialogue with Him.

4) **Contemplate (*Contemplatio*):** Rest in the awareness of God's presence. Remain open to anything else that might stir in your heart. If your mind wanders, gently redirect your thoughts towards God. Be still and rest in God's embrace. Relax in this moment and know you are loved. This time of fellowship with God goes deeper than words. As you conclude, thank God for this time of prayer.