

Learning how to pray in the way of Lectio Divina: 5 steps

The prayer process of Lectio Divina has just five simple steps:

1. Reading (lectio)-Listen to God's Word in the Bible as it is read out loud.

What does the biblical passage say?

Do I understand its meaning?

2. Meditation (meditatio)-Reflect on the meaning of the Word I have just heard/read.

What is God saying to me through this Scripture reading?

Is there a particular message God has for me or is there a lesson or truth that I need to understand so I can grow more in my faith?

3. Prayer (oratio)-Speak to God in prayer.

Remember that prayer encompasses adoration (praise to God), thanksgiving (giving gratitude to God), contrition (having sorrow for my sins and asking God for forgiveness), and petition (asking for help for others and/or for myself). Use one or more of these forms of prayer.

What do I want or need to say to God in response to what I have read?

What do I want or need to say to God in response to His message to me through this Scripture reading?

4. Contemplation (contemplatio)-Listen to God in the silence of my heart.

How does this Scripture passage affect my relationship with God?

How do I feel about my relationship with God in light of this Scripture passage?

5. Action (actio)-Allow the encounter to affect my daily life and work.

Lectio Questions:

Read: What word or phrase is jumping out to you?

Meditation: What do you imagine as you reflect on this question? What do you think Jesus is trying to teach us? Why did the Word or phrase jump out at you?

Prayer: Using this scripture, make a prayer of thanksgiving and a prayer of petition, and a prayer of praise.