

Lectio Divina

By Susan Vogt

Lectio Divina is Latin for “Holy Reading.” It is a style of prayer in which you take a scripture passage and read it slowly, pondering the words and letting them sink into your soul leading to insight or action.

For

Adult, Couple

Season

Fall

Needed

Bible or other book containing Holy Scriptures.



Prepare in Advance

Choose a Scripture passage you want to meditate on.

This can be done in several ways:

- Use one of the readings from a lectionary. (Short is fine, in fact often better than a long passage.) This is the easiest method because the passage is already decided and you don't have to figure out which one to use. For readings according to the Revised Common Lectionary go to <http://lectionary.library.vanderbilt.edu/>. For the Roman Catholic Lectionary go to <http://www.usccb.org/bible/readings/>.
- Pick a favorite passage that is meaningful to you.
- Try the “chance,” “leave it to the Spirit,” or “needle in a haystack” method. Open your Bible and randomly pick a passage. Sometimes it may seem irrelevant to you, but sometimes it might surprise you.

Activity Plan

1. Find a quiet, peaceful place and time to read your chosen passage.
2. Decide how long you will spend in prayer. Something between 5 - 20 minutes will probably feel right for most people who are still in the active stage of parenting.
3. Try to clear your mind and dispose yourself to listen to the Word of God by saying a heartfelt prayer like this:

God of wisdom, enter my heart through the words I am about to read. Let them bring me closer to You. May they lead me to do Your will.

4. Slowly read your chosen passage. Pause between sentences to notice if anything catches your attention. If so, sit with it for a moment. Talk with God about it. Listen to hear what ideas or insights well up in you. Then read on until another phrase or sentence catches your attention. This is not a “Bible Study” so it's fine if your mind wanders. If you notice this, accept these random ideas as God also speaking to you through your concerns and questions of the day.
5. When you finish the passage, simply be grateful for a quiet connection with your God. If a response or action has occurred to you, consider whether you can follow-up on it.
6. Traditionally, Lectio Divina has three additional steps: Mediation (Mediatio), Prayer (Oratio), and Contemplation (Contemplatio) – more Latin words for universal concepts. Don't worry about them now. Future *Vibrant Faith* prayer activities will delve into them more extensively.