

LECTIO DIVINA

"Sacred Reading"



INTRODUCTION

Lectio Divina is an ancient contemplative practice that uses sacred texts to draw us more deeply into the presence of the Divine. Here, we will explore Lectio Divina using written text. However, Lectio is a contemplative practice that can also be practised with imagery, nature, and music, among other modalities.

STAGE 1: READ

Slowly read the text 2-3 times. Which word, image, or phrase to speaks into your heart: jumps out at you, makes your heart feel open or closed, makes you feel light or heavy? There is no need to justify its significance. Simply trust in the movement of the Spirit the is unfolding within your heart.

STAGE 2: MEDITATE

Slowly read the text again. Be present to the word, image, or phrase that has been revealed to you during Stage 1. Invite this sacred messenger into your presence, and visualize yourself tenderly welcoming it into the inner sanctuary of your heart. Next, allow it to be present with you, while you gaze at it with the eyes of your heart, listening for any messages it offers you.

STAGE 3: SPEAK WITH GOD

Talk with God about how this word, image, or phrase relates to you at this moment in your life: What does it mean to you? What associations do you make with it? What might it be trying to teach you or reveal to you? You can share silently with God in your heart, in a written or video journal, through photography, visual arts, or any modality that resonates with your heart.

STAGE 4: REST IN GOD

This is simply a time for resting in God. You don't need to focus on anything or solve any problems. Simply open yourself to the Divine, who is lovingly present. During this stage, good soul work is happening, no matter how the time unfolds.

STAGE 5: TAKE ACTION

Take a few moments to reflect: As you move forward into your day, is there anything from this time of prayer that you would like to carry into the world with you?