



SOUL CARE

A Guide to Lectio Divina

Choose a short passage of Scripture. It could be a verse or two from a larger section, or even a simple phrase that stands out to you as you read. A great place to start is by reading through the gospels. Set aside some time to let the passage work its way through your mind and into your heart.

The Four Movements of Lectio Divina:

1. Reading (Lectio)

In the first phase of Lectio Divina, we read and seek to understand what the passage says in itself. We may consult study notes, ask for help, or do some research.

- *Key Question: What does the text say?*

2. Meditation (Meditatio)

In the meditation phase of Lectio Divina, we meditate on the passage. We enter into the text with our senses and emotions. We engage our imagination and seek to enter into the world of the text. We ruminate on the things that attract our attention and listen for God to speak to us.

- *Key Question: What is God saying to me through the text?*

3. Prayer (Oratio)

After we read and meditate on Scripture, we respond in prayer. Having met God in the scriptures we speak to him in our own words. In this way we consider prayer to be a simple conversation with God. It is a conversation that comes in various forms: we make requests of him, we give him thanks, and we give him praise.

- *Key Question: What can I say to the Lord in response to his word?*

4. Contemplation (Contemplatio)

Through contemplation we come to an understanding of the parts of our lives that need to be transformed by God's grace. We humble ourselves and open our lives up to his transformative power. We sit vulnerably in God's presence and invite him to move us to action.

- *Key Question: What conversion of the mind, heart, and life is the Lord asking of me?*