

# Lectio Divina

Lectio Divina is a contemplative way of reading the Bible. It dates back to the early centuries of the Christian Church and was established as a monastic practice by Benedict in the 6<sup>th</sup> century. It is a way of praying the Scriptures that leads us deeper into God's word. We slow down. We read a short passage more than once. We chew it over slowly and carefully. We savor it. Scripture begins to speak to us in a new way. It speaks to us personally, and aids that union we have with God through Christ.

Use the Lectio Divina experience to guide you into a prayer reflection on a Bible passage and imagining how you will live the passage in your daily life.

Select a Scripture passage that you would like to reflect upon and pray with. This may be a story from the Old Testament, a Psalm, a passage from the Prophets, a Gospel story or parable, or a passage from one of Paul's letters. You can also select the Gospel reading from Sunday worship.

1. **Read:** Read the Scripture passage slowly and purposefully. Reflect on it silently for a few minutes to pray with it and to ponder what it might be saying.
2. **Meditate:** Read it a second time followed by a few minutes of silence. Discover a word or two from the passage that is echoing in your heart or stands out for you in any way.
3. **Pray:** What do you want to communicate to God? What emotions do you want to express to God?
4. **Act:** Reflect on how God is challenging you through this Scripture passage. What is God calling me to do? What is the next step you need to take?

## Scripture Passages for Lectio Divina

(You can use your own Bible or access these passages online from Bible Gateway by typing the verse into the search. Go to <https://www.biblegateway.com>. Select NRSV version.)

- ✦ The Young Jesus (Luke 2:41-50)
- ✦ Temptation in the Desert (Matthew 4:1-11)
- ✦ Calling of the First Disciples (Luke 5:1-11)
- ✦ Calming of the Storm (Mark 4:35-41)
- ✦ The Woman in Simon's House (Luke 7:36-50)
- ✦ Jesus Instructs the Disciples (Mark 6:7-13)
- ✦ The Sermon on the Mount (Matthew 5-7)
- ✦ Miracle of Cana (John 2:1-12)
- ✦ "Who Do People Say I Am?" (Matthew 16:13-17)
- ✦ Curing of the Blind Man of Jericho (Luke 18:35-43)
- ✦ The Miracle of the Loaves (John 6:1-13)
- ✦ Woman Caught in Adultery (John 8:1-11)
- ✦ Jesus and Zacchaeus (Luke 19:1-10)
- ✦ The Woman at the Well (John 4:5-42)
- ✦ The Man Born Blind (John 9:1-41)
- ✦ Raising of Lazarus (John 11:1-44)
- ✦ The Rich Young Man (Matthew 19:16-22)
- ✦ Driving Out the Money Changers (Mark 11:15-17)
- ✦ Washing the Apostles' Feet (John 13:1-20)
- ✦ The Mount of Olives (Luke 22:39-46)
- ✦ The Crucifixion (Luke 23:33-49)
- ✦ The Disciples on the Way to Emmaus (Luke 24:13-35)