Name

Handout 7-A

Date

**Lectio Divina**

Lectio Divina—holy reading—consists of four “movements” or stages, each identified by their Latin name: *lectio*,

*meditatio*, *oratio*, and *contemplatio*.

**Movement 1: *Lectio* (Reading)**

Listen to the Scripture reading proclaimed aloud. Simply try to grasp its basic, literal meaning. You will have time later in this process to delve into the reading more deeply.

**Movement 2: *Meditatio* (Meditation)**

Listen as the reading is proclaimed a second time. Close your eyes if doing so helps you to focus and to develop a mental image of the reading. Notice what words or phrases in the reading stand out to you. When the reading ends, jot down one or more of those words or phrases here:

**Movement 3: *Oratio* (Prayer)**

Listen as the reading is proclaimed a third, final time. Close your eyes again if you’d like. Allow the reading to lead you into deeper prayer: into an authentic encounter with God’s grace, love, and mercy. When the reading ends, write a brief prayer to God in this space. You may wish to ask God a question, and/or offer a prayer of peti- tion, praise, or thanksgiving. Be honest with God about what is on your mind and in your heart as you ponder this reading.

**Movement 4: *Contemplatio* (Contemplation)**

The last movement of *lectio divina* consists of simply resting in God’s holy presence—the way that we might sit in comfortable silence with a close friend. God has spoken to us through the Scriptures, and we have spoken to God through our prayer. Now, we simply dwell together with God for a few moments.