

# Lectio Divina

(Sacred Reading)

## **Meditation:**

- Sit comfortably, resting hands on your lap.
- Be present to your breath, slowly inhaling and exhaling.
- Move to your heart center and listen to the beating of your heart.
- Rest in inner stillness.
- Pray for God's presence:

**Speak, Lord, your servant is listening. Come, Holy Spirit, make the pathway straight so I may hear and let go of my many distractions.**

## **Mechanics: (Head, Heart, and Hands)**

- **Read the passage out loud slowly.**
  - **Ponder** the passage in silence (1 – 2 minutes).
    - Head
      - What are the facts?
      - What do I think is happening?
    - **Write** down thoughts.
- **Read the passage out loud a second time.**
  - **Ponder** the passage in silence (2 – 3 minutes).
    - Heart
      - What is the deeper meaning of the passage?
      - What is God telling me?
    - **Write** down thoughts.
    - **Share** thoughts (calling on each other).
- **Read the passage out loud a third time.**
  - **Ponder** the passage in silence (2 – 3 minutes).
    - Hands
      - How does God's message relate to my life?
      - What does God want me to do?
      - What am I going to do about His message?
    - **Write** down thoughts.
    - **Share** thoughts (calling on each other).
    - **End** in prayer.