

LECTIO DIVINA

“SACRED READING”

Reading/Listening

- Choose a text of the Scriptures to pray.
- Choose a comfortable position and become silent, still.
- Ask for the grace you seek: “What is it you want?”
- Read the passage through once.
- Reflect: Is there a phrase or an image that caught your attention or your imagination?
- Reread the passage slowly, gently, constantly listening, stopping at those points to which God draws your attention.

Meditation

- What are the physical surroundings like? Outdoors or indoors? The scenery, the room, the table, the lighting, etc. Is it cold or warm? What do you see? Smell? Hear? Feel?
- Who is there? What do they look like? Jesus? The disciples? Anyone else? You?
- What is the atmosphere like? The mood of the group? Of Jesus? Your attitude?
- What is happening? What is Jesus doing or saying? What are the others doing or saying? What about you?
- How do the others react? How does Jesus react? Disciples? How do you react?
- Does Jesus come to you? Does he interact with you? Does he speak to you? What does he say?

Prayer

- How do you respond to Jesus? An action? A gesture? A word? A dialogue?

Contemplation

- Remain quiet in the scene or wherever the Lord wants to lead you. Relax with God. Rest in His love and presence.

Close: Thank the Lord for this time together. End with the Lord’s Prayer.

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