

# Lectio Divina

*Latin for Divine Reading. The desire is to encounter and surrender to the Living God by attending to Scripture. Lectio requires a humble, listening posture that is alert to the voice of God in Scripture.*

## Lectio

First read the text (lectio). You give it a slow, focused and naive reading of the passage.

## Meditatio

Then re-read the same passage paying attention to what word or phrase stands out.

## Oratio

Third, offer a simple prayer in response to God.

## Contemplatio

After prayer, the text is read for the third time with the focus on listening for the Voice of God (contemplatio). This is a gift of grace and cannot be forced. Here is where you are hoping to interact with God, listening for His voice. You can ask the question, *"Lord, what do you want to do inside me?"*

## Actio

Finally consider your response to God's Word and grace (actio). How can you make your life a gift to others in response to the Word?