

Lectio Divina (meditation)

A practice that allows God's word to transform both your mind and your heart.

Hebrews 4:12 – “For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

Find a comfortable and quiet place. Choose a passage of scripture and move through the following steps.

Lectio (reading) – As you read the passage the first time, simply seek to understand what the passages says in and of itself. This is the literal meaning of the Scripture and the lessons most everyone would recognize.

Meditatio (meditation) – In the second reading of the passage, be mindful of the following questions: What does this text personally say to me today? What does it say to my life? Ask the Holy Spirit to point out a word or a phrase that you might want to reflect upon.

Oratio (prayer) – As you encounter God in his word, simply respond in prayer. Have an open dialogue with God about what the Holy Spirit surfaced from the passage.

Contemplatio (contemplation) – An encounter with God and his word leads to transformation. This step requires a willingness on your part to change. In this spirit, humbly reflect on parts of your life that may need to be transformed by God's grace and ask him to do so.