



Lectio Divina

SCRIPTURE NOTATION:

1 LECTIO (READING)

What does the text say that everyone should understand?
Re-read it and receive the Word.

2 MEDITATIO (MEDITATION)

When a word or phrase strikes you, ponder it in your heart.
What does the text say to me, today, and to my life?

3 ORATIO (PRAYER)

What do I want to say to the Lord in response to His word?
Prayer begins your dialogue with God, straight from your heart

4 CONTEMPLATIO (CONTEMPLATION)

Be still and rest in God's presence, allowing God to act within your soul

NOTES/ACTIO (ACTION):
