

Lectio Divina “divine reading”

Select a Passage

Select a passage from the Old or New Testament. It should not be too long.

First Reading: Lectio (Read)

What does the text say?

Slowly read the passage out loud. Listen for a particular word or phrase that speaks to you.

Second Reading: Meditatio (Reflect)

What is the text saying to me?

Read the passage a second time. Listen for a word or phrase that God is saying to you.

Third Reading: Oratio (Respond)

What do I want to say to God about the text?

Read the passage a third time. Listen for a word or a phrase that you want to offer to God.

Fourth Reading: Contemplatio (Rest)

What difference will this text make in my life?

Read the passage a final time. Listen for a word or phrase that you will take with you. To what action might God be inviting you?

Scan here to be guided through
the Lectio Divina by Father James Martin.

