

Exploring the Process of *Lectio Divina*

- Focus on short passage of Scripture (6-8 verses)
- Four main movements (with a prelude and postlude) – similar to learning the movements of a dance
- Balance between silence and word (rhythm of conversation or the waves of the ocean)
- Involves our heart, minds, emotions, senses and soul
- Pace is slow and reflective, allowing space to listen and respond

The Movements of *Lectio Divina*

{Relax and Refocus} (*Silencio*)

- Take a moment to come fully into the present.
- Become fully aware of God's presence with you.
- Relax your body and focus on your breathing.

Read (*Lectio*)

- *Read:* Listen for a word or phrase that is addressed to you.
- *Ask:* "What is God's word for me?"
- *Silence:* Sit with that word or phrase and savor it.

Reflect (*Meditatio*)

- *Read:* Reflect on how the word touches your life.
- *Ask:* "What is it in my life that needs to hear this word today?"
- *Silence:* Stay present to the word God has spoken to you and explore sensory impressions, perceptions, and feelings.

Respond (*Oratio*)

- *Read:* Listen for your own deepest and truest response to God's Word.
- *Ask:* "What is my response to God based on what I have read and encountered?"
- *Silence:* Allow your prayer to flow spontaneously from your heart. Enter into personal dialogue with God.

Rest (*Contemplatio*)

- *Read:* Rest in the Word of God.
- Fully receive all that God has given to you in His Word.
- *Silence:* Rest with God and enjoy His presence as a weaned baby leaning against its mother (Psalm 131).

{Trying It On} (*Incarnatio*)

- Incarnate (live out) the Word of God.
- Resolve to carry this word with you and to live it out in the context of your daily life and activity.