

Lectio Divina

Lectio Divina (Latin for “Divine Word”) is an ancient, simple, and powerful way to pray with the Scriptures.

The Catechism of the Catholic Church reminds us that Scripture is an important element of Catholic prayer and devotion:

The Church forcefully and specially exhorts all the Christian faithful.....to learn “the surpassing knowledge of Jesus Christ” (Phil. 3:8) by frequently reading of the divine Scriptures. Let them remember, however, that prayer should accompany the reading of Sacred Scripture, so that a dialogue takes place between God and man. For “we speak to him when we pray; we listen to him when we read the divine oracles” (2653).

This is how to do *Lectio Divina*. Whether in solitude or with others, follow these simple steps:

1. Choose a passage from Scripture that you would like to reflect upon and pray with. This may be a story from the Old Testament, a psalm, a passage from the prophets, a gospel story or parable, or a passage from one of the New Testament letters.
2. Read the entire passage out loud, slowly and purposefully. Reflect on it silently for a few minutes to pray with it and to ponder what it might be saying.
3. Read it aloud again, followed by a few minutes of silence. Then speak out loud (or if alone, record in a journal) a word or two from the passage that is echoing in your heart or stands out for you in any way.
4. Read the passage one final time and briefly share or journal about what challenge or insight the passage is speaking to you.
5. Close your prayer time by praying the Glory Be.¹

¹ Taken from *The Catholic Faith and Family Bible*, p. 1607.