

Lectio Divina – Slow Reading of Scripture



- Take a few moments to become still and quiet.
- Spend a while letting God/Jesus look at you or be with you.
- Ask Him for what you long for.
- Slowly read through the passage of Scripture, stopping where a word or phrase speaks to your heart or grabs you in any way. Savour it, stay with it as long as you feel there is something there for you. Notice your thoughts and feelings whilst you do so.
- Respond to God in any way you like, with or without words; or simply stay in loving silence before God.
- When you are ready, or if you become distracted, move on to the next phrase. Again, stop where something strikes or moves you.
- The idea is not so much to think about the passage as to let the passage engage your feelings, your thoughts, your imagination....
- As God speaks to you, respond to Him, and wait again for His word; allow the conversation to continue....
- Questions to ask in reviewing the prayer are: What was most important for me during my time of prayer? Where did I feel most moved? What did I feel? What did I think? How did I respond?