

The Four R's of Lectio Divina

Lectio (Reading)

Take your time and read the passage. Get a sense of what it is saying. Read the passage a second time. Listen for any words or phrases that strike you, and listen in your heart.

Meditatio (Reflecting)

Read the passage again, slowly. As you pause on the words or phrases that strike you, take time to consider what the word, phrase, or passage means, particularly in your life.

Oratio (Responding)

Read the passage again, slowly. Consider now how God has spoken to you in this passage and respond back to Him. You may want to consider how this passage is asking you to act differently.

Contemplatio (Resting)

Now take some time to simply rest quietly in the presence of God. Don't just get up and leave!